



KEEP
•EACH OTHER•
SAFE

Quiz:

**members
get more**

Ergonomics

1. Ergonomics involves designing and arranging workspaces so people work efficiently and safely.

- a. True
- b. False

2. Ergonomic conditions are disorders of the soft tissues, specifically of which of the following:

- a. Muscles, nerves and tendons
- b. Ligaments, joints and cartilage
- c. Blood vessels and spinal discs
- d. All the above

3. Alternating repetitive tasks with non-repetitive tasks at regular intervals or increasing the number of breaks from repetitive work can reduce or eliminate ergonomic risk factors.

- a. True
- b. False

4. The main categories of ergonomic risk are:

- a. Environment – risks found in your work environment
- b. Equipment – risks associated with the equipment you use and proper fit/adjustment
- c. Work practices – risks caused by work requirements, processes or procedures
- d. Individual – risks that are unique to you as an individual, such as a physical characteristic, habits and behavior
- e. All the above

5. Some conditions that can cause musculoskeletal disorders can be brought on by:

- a. Sudden increase in your workload
- b. Introduction of a new process to your work routine
- c. Use of vibrating tools
- d. Maintaining poor or unhealthy posture
- e. All the above

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