



Ergonomics Quiz

1. Ergonomics involves:

- A. Fitting the worker to the task
- B. Fitting the task to the worker
- C. Making the work fit the company needs
- D. All of the above

2. Ergonomic-related symptoms include:

- A. Tenderness
- B. Numbness
- C. Swelling
- D. All of the above

3. To eliminate ergonomic risk factors you should take short breaks throughout the day.

- A. True
- B. False

4. Which of the following is not an ergonomic risk factor:

- A. Environment
- B. Ecology
- C. Equipment
- D. Work practices

5. Ergonomic conditions are commonly caused by:

- A. Awkward postures
- B. Being outside
- C. Starting work early in the morning
- D. Starting work late in the day

Answers: 1. B 2. D 3. A 4. B 5. A

members
get more



DON'T FORGET

June is NATIONAL **SAFETY** MONTH