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

Answer Key: 1-A, 2-D, 3-A, 4-E, 5-E