

## TO THE POINT ABOUT ERGONOMICS

### *Review Quiz*

Name \_\_\_\_\_ Date \_\_\_\_\_

*Please provide answers to the following to show how well you understand the information presented during this program.*

1. Ergonomic risk factors that can increase the risk of developing a musculoskeletal disorder include \_\_\_\_\_.
  - a. Awkward postures
  - b. Excessive repetition
  - c. Vibration
  - d. All of the above
  
2. \_\_\_\_\_ controls are used to physically change the immediate work area.
  - a. Administrative
  - b. Engineering
  - c. Work practice
  
3. Personal protective equipment is NOT considered an ergonomic control measure.
  - a. True
  - b. False
  
4. Neutral position for the wrist is centered up to \_\_\_\_ degrees off center in any direction.
  - a. 15
  - b. 20
  - c. 25
  
5. While using tools, your thumb should be extended upwards while maintaining a neutral wrist position.
  - a. True
  - b. False
  
6. To maintain neutral posture for your arms, keep your arms to the side and your wrists and forearms out at \_\_\_\_\_ degree angles.
  - a. 45
  - b. 60
  - c. 90
  
7. To alleviate stress on your back, your chair should be adjusted so that your feet rest flat on the floor.
  - a. True
  - b. False
  
8. You should only bend at the waist when lifting a load when you are sure it is light and easy to lift.
  - a. True
  - b. False
  
9. Signs and symptoms of musculoskeletal disorders should be reported right away.
  - a. True
  - b. False

*ANSWERS TO THE REVIEW QUESTIONS*

1. d

2. b

3. b

4. a

5. a

6. c

7. a

8. b

9. a