

Name:

Date:

1) Ergonomics principles can be applied through tools, instruments, workstations, and work practices.

- A. True
- B. False

2) WMSDs are injuries to _____.

- A. Organs
- B. Soft tissue
- C. Hard tissue
- D. The epidermis

3) A WMSD typically results from a single, traumatic event.

- A. True
- B. False

4) The most common type of injury in the workplace is _____.

- A. Tendonitis
- B. A bone fracture
- C. A cut or laceration
- D. Muscle sprains, strains, or tears

5) Choose all that apply. It is recommended to take periodic breaks from _____.

- A. Excessive force
- B. Repetitive motion
- C. Excessive vibration
- D. Extreme temperatures
- E. Crouching and kneeling

6) Choose all that apply. Examples of neutral alignment include _____.

- A. Wrists bent at angles
 - B. Head looking forward, not tilting
 - C. Elbows extended away from the body
 - D. When standing, aligning ears, shoulders, hips, knees, and ankles
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7) Lift with the _____.

- A. Legs
 - B. Back
 - C. Arms
 - D. Waist
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8) Localized vibrations are typically experienced in _____ when operating power tools.

- A. The whole body
 - B. Legs and feet
 - C. Hands and arms
 - D. The back and shoulders
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9) Recreational sports outside of work are always beneficial to your health.

- A. True
 - B. False
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10) Employees performing identical tasks under the same conditions have the same susceptibility to WMSDs.

- A. True
 - B. False
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11) Choose all that apply. Ergonomics programs have the benefit of _____.

- A. Reducing the number of people reporting ergonomic hazards
 - B. Reducing absenteeism
 - C. Lowering worker compensation costs
 - D. Improving work quality
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12) Report any signs or symptoms of WMSDs as soon as they develop.

- A. True
 - B. False
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13) Match the type of control with the example.

Engineering control

Rotating jobs

Administrative control

Using devices to lift heavy objects

PPE

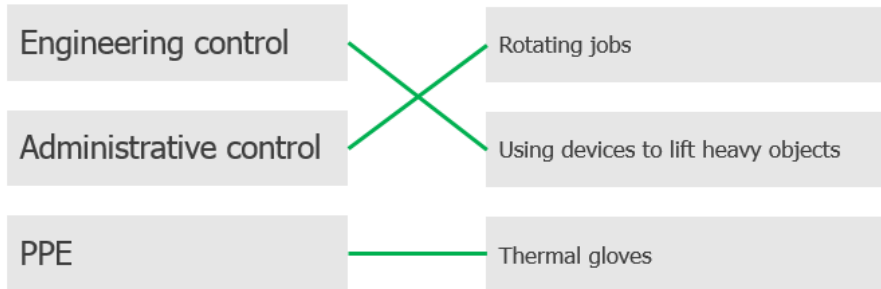
Thermal gloves

14) The most effective type of controls are _____.

- A. PPE
 - B. Engineering controls
 - C. Administrative controls
-

Answer Key

- 1. A
- 2. B
- 3. B
- 4. D
- 5. A, B, C, D & E
- 6. B & D
- 7. A
- 8. C
- 9. B
- 10. B
- 11. B, C & D
- 12. A
- 13.



- 14. B