

Ergonomics & CTDs Quiz

1. Good ergonomics:

- a. Adapts the job to the person
- b. Forces the person to fit the job
- c. Causes musculoskeletal disorders

2. Musculoskeletal disorders may result from repetitive motions or:

- a. Forceful exertion
- b. Awkward positions or movements
- c. Both a and b

3. Carpal tunnel syndrome occurs when the nerve in the wrist's carpal tunnel is pinched.

- a. True b. False

4. An ergonomic work surface is positioned at:

- a. A 20-inch reach
- b. Waist height
- c. Shoulder height

5. The tools and materials you use should be within a:

- a. 20-inch reach
- b. 6-inch reach
- c. Longest possible stretch

6. An ergonomic tool is lightweight, doesn't require extreme effort, and:

- a. Is custom-designed
- b. Is easy to grip
- c. Can be gripped with one finger

7. The ergonomic way to carry objects is with:

- a. Palm-up grip
- b. Palm-down grip
- c. Finger grip

8. Good ergonomics with vibrating tools includes:

- a. Operating them at the lowest efficient speed.
- b. Using them only on cold days
- c. Gripping them as tightly as possible

9. To prevent long-term ergonomic injuries, you should immediately report when your arm, hand, or other upper body part experiences:

- a. Cold
- b. Pain, numbness, or tingling
- c. Comfort

10. To prevent ergonomic injuries, it's best to keep your hands:

- a. Warm
- b. Cold
- c. Wet