



Digital Literacy I: Fundamentals

Unit 1 Computer Ergonomics

UNIT EXAM

1. To minimize eye strain, how far should your monitor be from your eyes?
 - a. **Arm's length (at least 18")**
 - b. As far away as possible
 - c. Between three to six feet
 - d. Distance doesn't affect eye strain

2. Most pain and injury caused by computer use is due to:
 - a. Poor posture
 - b. Placement of devices
 - c. Seating adjustments
 - d. **All of the above**

3. The goal of computer ergonomics is to:
 - a. **Avoid discomfort and injury while using a computer**
 - b. Reduce the costs of manufacturing computers
 - c. Build computers that are safe for the environment
 - d. None of the above

4. RSI is an acronym for:
 - a. Reduced Signal Input
 - b. **Repetitive Stress Injury**
 - c. Rest and Strain Injury
 - d. None of the above

5. When typing on a keyboard or using a mouse, elbows should be at a:
 - a. **90 degree angle**
 - b. 45 degree angle
 - c. 15 degree angle
 - d. 0 degree angle





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6. When sitting at a workstation, your feet should be:
 - a. Rested on the tip of your toes
 - b. Flat on the floor**
 - c. Rested on your heels
 - d. Crossed at the ankle

7. If your feet do not touch the floor while sitting at a workstation you should:
 - a. Lower the seat height
 - b. Wear platform shoes designed for computer use
 - c. Place a book or binder underneath your feet**
 - d. Grow taller

8. Sitting causes more stress and pressure on the lower back than standing:
 - a. True**
 - b. False

9. The top of a monitor should be placed:
 - a. At eye level**
 - b. Above eye level
 - c. Below eye level
 - d. Above or below eye level

10. If it's difficult to see items on the screen, you should:
 - a. Move the monitor closer to you
 - b. Change the system's text size or screen resolution**
 - c. Wear 3D glasses
 - d. Purchase a larger monitor





**Multi-State
Advanced Manufacturing
Consortium**

US DOL SPONSORED TAACCCT GRANT: TC23767

PRIMARY DEVELOPER: Reggie Fluker – Henry Ford College

RELEASE DATE 12/21/2015

VERSION v 001

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11. To avoid eye strain, your display brightness should:

- a. **Match the brightness of the room**
- b. Be brighter than the light in the room
- c. Be darker than the light in the room
- d. Display brightness doesn't cause eye strain

12. The keyboard and mouse should be placed:

- a. At a lower height than your elbows
- b. **At the same height as your elbows**
- c. At a height above your elbows
- d. At 75% of your total arm length





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