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## Introduction to Safety – Unit Eight: Ergonomics

### *Unit Exam Answer Key*

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1. Ergonomics reduces \_\_\_\_\_.
  - a. Overuse of muscles
  - b. Bad posture
  - c. Repeated tasks
  - d. All of the above
  
2. Implementing ergonomics helps to maximize productivity.
  - a. True
  - b. False
  
3. Ergonomics is the science of fitting jobs to the people who perform them.
  - a. True
  - b. False
  
4. MSDs are injuries to the \_\_\_\_\_.
  - a. Spinal discs
  - b. Muscles
  - c. Ligaments and tendons
  - d. All of the above
  
5. Most work related injuries are to the \_\_\_\_\_.
  - a. eyes
  - b. hands
  - c. back
  - d. feet
  
6. The main cause of work related MSDs injuries are the result of \_\_\_\_\_.
  - a. repetition
  - b. lifting
  - c. climbing
  - d. reaching





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7. \_\_\_\_\_ is an MSD of the wrist.
- Raynuad's Syndrome
  - Carpal Tunnel Syndrome
  - Rotator Cuff Tendonitis
  - Trigger Finger
8. Factors that affect Forceful Exertion MSD injuries involve \_\_\_\_\_.
- duration of the task
  - weight of an object
  - body posture
  - type of grip
  - All of the above
9. The severity of an injury from repetition depends on which factors?
- frequency
  - speed and movement
  - required force
  - All of the above
10. An injury that causes injuries to the wrists by resting them on a keyboard while typing is categorized as \_\_\_\_\_.
- Repetition
  - Vibration
  - Contact stress
  - Awkward posture
11. The type of injury caused from vibration is \_\_\_\_\_.
- the loosening of muscles and tendons
  - a tear of the cartilage
  - a rupture of the spinal disk
  - a stress fracture of the bone



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12. Early indicators of MSDs are \_\_\_\_\_.  
a. diminished range of motion of various body parts  
b. decrease in strength of arms and hands  
c. weakness of skeletal muscles  
d. Any of the above
13. A common symptom of MSDs is \_\_\_\_\_.  
a. painful joints  
b. tingling or numbness of the hands or feet  
c. shooting pain in the arms or legs  
d. Any of the above
14. As soon as a worker detects any signs of MSD, he/she should report it to \_\_\_\_\_.  
a. a supervisor  
b. the HR office  
c. a or b  
d. OSHA
15. What situation qualifies as an MSD incident?  
a. days away from work  
b. restricted work  
c. medical treatment beyond first aid  
d. Any of the above
16. If an MSD incident occurs, OSHA requires that the employer \_\_\_\_\_.  
a. not change the employee wages and benefits while on light duty  
b. take steps to reduce the MSD hazard  
c. provides the employee access to a healthcare provider  
d. All of the above





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17. Which of the following actions are implemented when conducting a job hazard analysis?
- Use OSHA approved hazard identification tools
  - Talk with employees
  - Identify and evaluate risk factors by observing employees performing their work
  - All of the above
18. A job hazard analysis does not include the determination of corrective measures to eliminate an MSD incident.
- True
  - False
19. OSHA requires that employees participate in developing, implementing, and evaluating an ergonomics program.
- True
  - False
20. MSD management does not include \_\_\_\_.
- access to a health care professional
  - evaluation and follow-up of an incident
  - appropriate work restrictions
  - None of the above
21. Under the *Work Reduction Protection Program*, employees affected by an MSD receives \_\_\_\_ percent of their wages and benefits while on light duty.
- 50
  - 75
  - 90
  - 100



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22. When lifting an object, \_\_\_\_\_.
- twist the trunk of your body while it is being lifted
  - Pick it up while keeping your legs straight
  - start with bent knees and shins placed flat on the floor
  - keep the back erect and bend your knees when grabbing it
23. The maximum amount of time an employee affected by an MSD is allowed to receive wages and benefits is \_\_\_\_\_.
- 30 days
  - 90 days
  - 6 months
  - 1 year
24. To ensure that a company's ergonomics policies are effective, the employer must evaluate the program at least once every \_\_\_\_\_.
- 90 days
  - 6 months
  - 1 year
  - 3 years
25. Employers with \_\_\_\_\_ or more employees must maintain MSD related records.
- 6
  - 11
  - 16
  - 50





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