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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 is \_\_\_\_\_.  
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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