



Introduction to Safety – Unit Eight: Ergonomics *Study Guide*

1. Read through the Unit Outline to see what you will be studying and be able to do upon completion of the unit.
2. Read pages 3 to 13 of the Unit 8 chapter and answer the review questions. To verify your responses, the answer key to these questions are at the end of the chapter.
3. Read and prepare for the discussion item so that you can share your thoughts and opinions with the instructor and your classmates.
4. Read pages 14 to 24 of the Unit 8 chapter and answer the review questions.
5. View the National Safety Compliance video titled “Back Safety” (KD07-001)
6. Answer the problems at the end of the chapter. There is no answer key available to verify your responses.
7. Topic 2 INTERNET SITE VISIT - Findings and Report - 3 - Point Essay
After visiting the site noted, and with careful reflection, review and drafting notes where needed, the majority of Assignment-Essay responses will follow a Three-Step structure similar to that described below.

MAIN SUBJECT AREA - Assignment-Essay - Answer These Questions.

- 1) What generally did you find at this web site?
 - 2) What specifically did you find at the web site?
 - 3) List the MOST interesting items, the main subjects, the equipment, the systems, the things you may not have covered previously in your studies? Identify the depth, the importance or the significance of the materials?
Site selected by your instructor
8. Perform the following lab exercise assigned by your instructor:
 - a. Ergonomics
 - b. Back Safety
 9. After reviewing the unit outline, ask the instructor for the unit examination.





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