Name: Date:

1. Ergonomics principles can be applied through tools, instruments, workstations, and work practices.

A. True

B. False

1. WMSDs are injuries to \_\_\_\_\_\_\_\_.

A. Organs

B. Soft tissue

C. Hard tissue

D. The epidermis

**3)** A WMSD typically results from a single, traumatic event.

A. True

B. False

**4)** The most common type of injury in the workplace is \_\_\_\_\_\_\_\_.

A. Tendonitis

B. A bone fracture

C. A cut or laceration

D. Muscle sprains, strains, or tears

**5) Choose all that apply.** It is recommended to take periodic breaks from \_\_\_\_\_\_.

A. Excessive force

B. Repetitive motion

C. Excessive vibration

D. Extreme temperatures

E. Crouching and kneeling

**6) Choose all that apply**. Examples of neutral alignment include \_\_\_\_\_.

A. Wrists bent at angles

B. Head looking forward, not tilting

C. Elbows extended away from the body

D. When standing, aligning ears, shoulders, hips, knees, and ankles

**7)** Lift with the \_\_\_\_\_\_.

A. Legs

B. Back

C. Arms

D. Waist

**8)** Localized vibrations are typically experienced in \_\_\_\_\_\_\_ when operating power tools.

A. The whole body

B. Legs and feet

C. Hands and arms

D. The back and shoulders

**9)** Recreational sports outside of work are always beneficial to your health.

A. True

B. False

**10)** Employees performing identical tasks under the same conditions have the same susceptibility to WMSDs.

A. True

B. False

**11) Choose all that apply.** Ergonomics programs have the benefit of \_\_\_\_\_.

A. Reducing the number of people reporting ergonomic hazards

B. Reducing absenteeism

C. Lowering worker compensation costs

D. Improving work quality

**12)** Report any signs or symptoms of WMSDs as soon as they develop.

A. True

B. False

**13)** Match the type of control with the example.

****

**14)** The most effective type of controls are \_\_\_\_\_\_.

A. PPE

B. Engineering controls

C. Administrative controls

**Answer Key**

1. A

2. B

3. B

4. D

5. A, B, C, D & E

6. B & D

7. A

8. C

9. B

10. B

11. B, C & D

12. A

13.



14. B