

Name:_____ Date:_____

1. **True** or False Ergonomics means “fitting the worker to the job”.
2. Which 3 are benefits of Ergonomics:
 - a. **Improved quality of work**
 - b. More free time on the job
 - c. **Improved quality of life**
 - d. **Reduced fatigue and discomfort**
3. **True** or False Always push a load on a cart, do not pull it.
4. What are 3 of the potential symptoms of work related musculo skeletal disorders (WMSDs)?
 - a. **Pain**
 - b. Swearing
 - c. **Change in color**
 - d. **Tingling**
5. True or **False** Awkward postures are generally not a source of WMSDs.
6. **True** or False The spine is the primary stabilizer and shock absorber for the body.
7. **True** or False The more risk factors you have on the job the more likely an injury will occur.
8. **True** or False It is very important to report symptoms early to increase successful treatment rate.
9. How many lifts a day at 25lbs or more can be generally done before risk of injury increases?
 - a. 3
 - b. 10
 - c. **25**
 - d. 55
10. True or **False** You should bend at the waist when picking up any object.