

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. What is the present NIOSH maximum safe lifting weight under ideal conditions?
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.