

School of Continuing Education & Professional Development

Post-Test Ergonomics

1. Some of the costs associated with injuries are:
 - a. Surgery
 - b. Absenteeism
 - c. Higher productivity
 - d. Rehabilitation
 - e. A, B & D

2. Some of the factors contributing to injuries are:
 - a. Lack of exercise
 - b. Poor nutrition
 - c. Poor sleep
 - d. Walking
 - e. A, B & C

3. A tense muscle is a tight muscle

True
False

4. Some common workplace stressors are:
 - a. Lifting
 - b. Painting
 - c. Typing
 - d. All of the above

5. When lifting an object one should:
 - a. Keep load as close to your body as possible
 - b. Keep your back straight when bending
 - c. Keep your feet together
 - d. A and B

6. Some common Musculoskeletal Disorders are:
 - a. Back injuries
 - b. Neck injuries
 - c. Carpal tunnel syndrome
 - d. All of the above

7. The back is the most frequently injured body part

- True
- False

8. Damage to the hands and wrists is one of the fastest growing categories of Worker's Compensation claims

- True
- False

9. Workplace stressors conditions aggravate with:

- a. Age
- b. Physical conditioning
- c. Stress
- d. All of the above

10. Among the devices used to prevent Musculoskeletal Disorders injuries are:

- a. Back supports
- b. Wrists supports
- c. Hard hats
- d. Wraps & sleeves
- e. A, B & D

11. Some of the causes for back injury are:

- a. Improper lifting
- b. Excessive weight
- c. Lack of exercise
- d. All of the above

12. Back supports are designed to reduce injuries

- True
- False

Opcional (Su nombre - Imprima por favor) _____