

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) _____