

## School of Continuing Education & Professional Development

### Pre-Test Ergonomics

1. A tense muscle is a tight muscle

- True
- False

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. Some of the costs associated with injuries are:

- a. Surgery
- b. Absenteeism
- c. Higher productivity
- d. Rehabilitation
- e. A, B & D

4. Some common Musculoskeletal Disorders are:

- a. Back injuries
- b. Neck injuries
- c. Carpal tunnel syndrome
- d. All of the above

5. Some common workplace stressors are:

- a. Lifting
- b. Painting
- c. Typing
- d. All of the above

6. Workplace stressors conditions aggravate with:

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

7. The back is the most frequently injured body part

- True
- False

8. Some of the causes for back injury are:

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

9. 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

10. Back supports are designed to reduce injuries

- True
- False

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

- True
- False

12. 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

Opcional (Su nombre - Imprima por favor) \_\_\_\_\_