

## 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) \_\_\_\_\_