

Ergonomics Quiz

Name: _____

Date: _____

1. Name one ergonomic hazard.

Sample answers:

- Inappropriate tools
- Continuous contact
- Restricted clearance
- Improper seating/support
- Bad body mechanics
- Awkward, bent grip
- Vibration
- Excessive grip strength
- Awkward positions to exert force
- Repetitive motions

2. Name one ergonomic control.

Sample answers:

- Work station design
- Tool design
- Equipment design
- Job rotation
- Shift length
- Overtime management
- Rest breaks

3. Name one thing you can do to reduce ergonomic injury.

Sample answers:

- Proper lifting
- Adjust work station to suit your physical requirements
- Job rotation
- Think about your motions and be aware of repetitive stress on your body

4. Name one job you do that causes the most stress on your body.

Sample answers:

- Rotating boards
- Rotating wrists while using manual controls
- Etc.

5. Who can you tell your job improvement ideas to?

Management, HR, supervisor, safety committee leader, etc.

6. What is a workplace ergonomic risk factor?

- Repetitive motions
- Fixed / awkward postures
- Vibration
- Force
- Twisting / bending
- Elevation of elbows
- Lifting

7. Name one administrative hazard control.

Sample answers:

- Job Rotation
- Shift Length
- Overtime Management
- Rest Breaks
- Production Rates

8. Name one engineering hazard control.

Sample answers:

- Preferred Method
- Work Station Design
- Tool Design
- Equipment Design

9. What protects employees who report violations of various workplace safety laws?

OSHA's Whistleblower Protection Program

10. What is the maximum time you should do one job?

Two to four hours per day depending on the type of movement being completed.

Examples:

- Gripping 10+ pounds – 3 hour limit
- Gripping with a bent wrist – 3 hour limit
- Neck bending greater than 45 degrees – 4 hour limit