ERGONOMICS QUIZ

1. Ergonomic risk factors include:
   a. Vibration
   b. Repetition
   c. Environment
   d. Force
   e. Posture
   f. Work organization
   g. Contact stress
   h. All of the above

2. Ergonomics is the study of the ‘fit’ between the physical demands of the workplace and the employees who perform the work.

   True/False

3. Ergonomic risk factors and injuries result in direct and indirect costs for employers and employees.

   True/False

4. How can employers prevent/reduce ergonomic hazards?
   a. Engineering Controls
   b. Administrative Controls
   c. Personal Protective Equipment
   d. All of the above
   e. Only A and B above.

5. Be careful about how to fix ergonomic problems. The control should not eliminate one risk factor and create another.

   True/False
6. Ergonomic risk factors include:
   i. Vibration
   j. Repetition
   k. Environment
   l. Force
   m. Posture
   n. Work organization
   o. Contact stress
   p. All of the above

7. Ergonomics is the study of the ‘fit’ between the physical demands of the workplace and the employees who perform the work.
   True/False

8. Ergonomic risk factors and injuries result in direct and indirect costs for employers and employees.
   True/False

9. How can employers prevent/reduce ergonomic hazards?
   f. Engineering Controls
   g. Administrative Controls
   h. Personal Protective Equipment
   i. All of the above
   j. Only A and B above.

10. Be careful about how to fix ergonomic problems. The control should not eliminate one risk factor and create another.
    True/False