

Ergonomics Quiz

Name: _____

Date: _____

1. Name one ergonomic hazard.
2. Name one ergonomic control.
3. Name one thing you can do to reduce ergonomic injury.
4. Name one job you do that causes the most stress on your body.
5. Who can you tell your job improvement ideas to?
6. What is a workplace ergonomic risk factor?
7. Name one administrative hazard control.
8. Name one engineering hazard control.
9. What protects employees who report violations of various workplace safety laws?
10. What is the maximum time you should do one job?