

Shipyard Ergonomics

Pre-Test

Post-Test

NAME: _____ DATE: _____

True or False: For each statement below, circle T or F

1	T	F	WMSD stands for Work-Related Muscle Defect (Work-related musculoskeletal disorders)
2	T	F	Tendonitis is an example of a WMSD
3	T	F	Most WMSD affect the hands, wrists, elbows, neck, and shoulders.
4	T	F	Ergonomics is fitting the person to the work

5	T	F	The “neutral zone” and the “power zone” are the same thing.
6	T	F	When lifting you should always keep your head down.
7	T	F	Awkward positioning only applies to the back.
8	T	F	A best ergonomic practice is to stay in the same position.

9	T	F	Repetitive Motion Syndrome is one of the most common injuries in the United States.
10	T	F	HVAS stands for Hand Arm Vocational Syndrome. (Hand Arm Vibration Syndrome)
11	T	F	Common forceful exertions include sliding equipment and materials.
12	T	F	We should grasp our tools lightly but firmly.

13	T	F	One way to avoid an injury due to “duration” is doing the task the exact same way without any variance.
14	T	F	Static postures (or "static loading") refer to physical exertion in which the same posture or position is held throughout the exertion.
15	T	F	One solution to “static muscle loading” is to relax the muscle.
16	T	F	The significance of a “contact stress” injury factor increases as the force increases and the size of the affected area also increases.

17	T	F	The temperature where you do work can be a risk factor.
18	T	F	Poor lighting rarely leads to other risk factors
19	T	F	Jumping on a hard surface strengthens the back and actually reduces back injuries.
20	T	F	The best solution to reduce the risk factor from noise is wearing hearing protection.