

姓名 Name:

日期 Date:

AIWA：環境改造一般工業培訓
AIWA: Ergonomic Training for General Industry

每題請圈出一個答案：

Please circle ONE answer for each question:

1. 環境改造是甚麼？

What is ergonomics?

- a. 幫助工人發展社區自強力量的一門科學
A science that helps workers develop community empowerment.
- b. 改善草根階層領袖能力的一門科學
A science that deals with improving grassroots leadership.
- c. 創造職業的一門科學
A science that creates jobs.
- d. 尋求為工人減少勞累及避免受傷的一門科學
A science that seeks to decrease fatigue and injury for workers.

2. 若使用肌肉過度會怎樣？

What happens when you use your muscles too much?

- a. 肌肉會鬆軟伸展
They relax and stretch.
- b. 肌肉會輕微撕裂，腫脹及感到酸痛
They get little tears, swell, and feel sore.
- c. 肌肉會變得更為強壯
They get stronger.
- d. 肌肉會變得柔軟
They get softer.

3. 下面那項不是骨骼肌肉病變的風險因素？

What is a risk factor for musculoskeletal disorder?

- a. 斯文的動作
Gentle motion.
- b. 震動
Vibration.
- c. 一張好的椅子
A good chair.
- d. 沒月壓力的環境
A stress-free environment.

4. 在甚麼時候僱主要負責工地的危機，疾病及受傷？
When is an employer responsible for workplace hazards, illnesses, and injuries?
- a. 當僱員遲到或缺席
When employees are late or absent.
 - b. 當大部份僱員住在美國最少一年以上
When most of the injured employees have lived in the U.S. for at least one year.
 - c. 當得不到醫療照顧
When medical care is not available.
 - d. 當多過一位僱員獲醫生診斷同一工作產生的傷痛
When more than one employee has been diagnosed by a doctor with the same work-related task.
5. 你應該在甚麼時候聯絡加州職業安全及衛生局呢？
When should you contact OSHA?
- a. 當僱主違反保障工人受到危害的法例時
When an employer violates regulations that protect workers from hazards, illnesses, and injuries in the workplace.
 - b. 當工人之間有爭議時
When there is a disagreement among workers.
 - c. 當工人與僱主有薪金的爭議時
When there is a wage dispute between workers and employers.
 - d. 當工人與僱主使用不同的語言時
When there is a language difference between workers and employers.

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Answers:

1. D, 2. B, 3. C, 4. D, 5. A