

Name: _____

Date: _____

Knowledge Check: Ergonomics

Answer Key

1. Ergonomics is the science of ____.
 - a. **designing the job to fit the worker**
 - b. fitting the worker to the job
 - c. lifting injuries
 - d. safety and health

2. MSDs account for approximately ____ of all injuries and illnesses.
 - a. 1%
 - b. 10%
 - c. **33%**
 - d. 54%

3. Which of the following is an example of an ergonomic risk factor?
 - a. Neutral postures
 - b. Rest
 - c. **Repetition**
 - d. Personal protective equipment

4. Ergonomic hazards can be prevented or reduced by which of the following control methods?
 - a. Engineering controls
 - b. Proper work practices/administrative controls
 - c. Personal protective equipment
 - d. **All of the above**