

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Knowledge Check: Ergonomics

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