Ergonomics Quiz

Your Name __________________________ Date __________________________

1. Musculoskeletal disorders usually occur within one week if they are going to happen.
   a. True
   b. False

2. Proper posture and correct body mechanics play a significant role in the reduction of risk to MSDs.
   a. True
   b. False

3. Poor physical condition of the body is a contributing factor to MSDs.
   a. True
   b. False

4. Excessive repetition or high force with the arms above shoulder level is a cause of thoracic outlet syndrome.
   a. True
   b. False

5. A proper posture can be achieved whether standing or sitting.
   a. True
   b. False

6. A successful ergonomic program requires a team effort on everyone’s part.
   a. True
   b. False

7. Which of the following puts the least amount of stress on the wrist?
   A. [√]      B. [ ]      C. [ ]
8. The three main contributing factors of MSDs are repetitive motions, age and gender.
   a. True
   b. False

9. The following is an example of good body mechanics.
   a. True
   b. False

10. MSDs primarily affect workers over the age of 35.
    a. True
    b. False

11. Pain, numbness and tingling sensations in the hands are symptoms of carpal tunnel syndrome.
    a. True
    b. False

12. The shaded areas in the diagram represent low stress positions for the hands and wrists.
    a. True
    b. False

13. Awkward static posture can cause just as much stress on the body as excessive repetition.
    a. True
    b. False

14. Tendons connect bone to bone and limit their range of motion.
    a. True
    b. False

15. A successful ergonomics program is the sole responsibility of management.
    a. True
    b. False