

TEST QUESTIONS: ERGONOMICS

Your Name:		Date:	
Company:		IEC #:	

The *BSO Plus Safety Topic* is a review designed from the BSO Plus agenda. This safety topic is your way to stay current on the safety information over the 3 years between BSO Plus and BSR.

Please circle the correct answer for each question.

1. Ergonomics is the science of designing:

- a. Equipment and devices to fit the worker to the work
- b. Personal protective equipment that is a comfortable fit for workers
- c. Equipment and devices to fit the work to the worker
- d. Office chairs that offer various support settings

2. Some examples of common Musculoskeletal Disorders (MSD) injuries are: (circle all that apply)

- a. Tennis elbow
- b. Herniated disks
- c. Sprains and strains
- d. Chemical burns

3. Which factors should you assess to determine the degree of an ergonomic hazard?

- a. Posture, repetition, and force
- b. Posture, rotation, and force
- c. Rotation, repetition, and force
- d. Posture, rotation, and repetition

4. Ergonomic hazards include the following elements:

- a. Work stations, tools and equipment, physical environments, and the organization of work
- b. Tools and equipment and the physical environment
- c. Temperature, lighting, and vibration
- d. Work stations and the organization of work

5. The three steps required to effectively manage ergonomic hazards are:

- a. Research, Assess, and Control
- b. Recognize, Administer, and Control
- c. Recognize, Assess, and Control
- d. Review, Assess, and Clarify