

TEST ANSWERS: ERGONOMICS

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, so please ensure you submit this completed test to your employer for record retention.

1. What is Ergonomics?

a) The science of designing equipment and devices to fit the worker to the work

b) The science of designing equipment and devices to fit the work to the worker

c) Making your computer desk fit to your comfort

d) Having an ergonomic chair at your desk

e) All of the above

RATIONALE: Ergonomics studies the relationship between the work and the worker. It covered all aspects of a job, from the physical stresses it places on the body to the environmental factors that can affect general comfort and health.

2. Ergonomic hazards can lead to what type of injuries/illnesses?

a) Chemical burns

b) Sprains and strains to joints, muscles, ligaments and tendons

c) Slip and fall injuries

d) Lacerations and amputations

RATIONALE: Ergonomic hazards can lead to injuries of the musculoskeletal system. These may include such injuries as herniated discs, tendonitis, carpal tunnel syndrome, and sprains and strains to muscles, tendons and ligaments. These health effects are collectively referred to as Musculoskeletal Disorders (MSD).

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

a) Temperature, lighting, and vibration

b) Work station, chair, and desk height

c) Repetition, posture, and force

d) Workplace inspections, job rotation, and repetition

RATIONALE: Documenting repetitive tasks, awkward postures and the forces required to perform jobs helps to assess the degree of ergonomic hazards. Rotation is a component of both the posture and repetition categories. By being alert to problems, you can help identify injury causes and solutions.

4. Ergonomic hazards include the following elements:

- a) Work station and physical environment
- b) Repetition of work
- c) Work stations, tools and equipment, physical environments, and the organization of work**
- d) Tools and equipment, physical environments, and the organization of work

RATIONALE: Poor design of any of these elements can put physical strain on your body. Documenting repetitive tasks, awkward postures and the forces required to perform jobs helps to assess the degree of ergonomic hazards. By being alert to problems, you can help identify injury causes and solutions

5. When correcting ergonomic hazards, who should be included in the process?

- a) Joint Health and Safety Committee
- b) Management and Supervisor
- c) Worker and Management**
- d) Worker

RATIONALE: With proper controls in place, we can prevent injuries caused by ergonomic hazards in the workplace. Including both the worker and management in correcting ergonomic hazards is important when putting changes in place. Keep in mind that the most knowledgeable person about the problems with a job is usually the person doing the job, while management has the authority to implement changes.