

## TEST QUESTIONS: ERGONOMICS

<b>Your Name:</b>		<b>Date:</b>	
<b>Company:</b>		<b>IEC #:</b>	

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

### 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

### 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

### 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

### 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