Ergonomics and Back Injury Quiz

1. Ergonomics:
   a. Is the scientific study of work
   b. Reduces MSDs and absenteeism
   c. Increases worker productivity and morale
   d. Fits the task to the person
   e. All of the above

2. Common MSD’s include:
   a. Plumber’s crack
   b. Carpal tunnel syndrome
   c. Split ends
   d. Low back injury
   e. (b) and (d)

3. Signs and symptoms of MSDs include everything EXCEPT:
   a. Fatigue
   b. Tingling
   c. Boredom
   d. Loss of motion
   e. Swelling

4. Risks for MSDs include everything EXCEPT:
   a. Typing all day
   b. Gossiping about co-workers
   c. Cradling the phone on your shoulder
   d. Forgetting to take periodic breaks
   e. Using the wrong tool for the job

5. Resting your wrists on the edge of the desk while typing is a good idea:
   a. True
   b. False
   c. Could you repeat question, I’m taking a break

6. The 20/20/20 rule includes:
   a. Taking a 20 minute break
   b. Focusing 20 feet away
   c. Eating 20 donuts
   d. Positioning your monitor 20 inches from your face
   e. Typing 20 words a minute
7. Which of the following is (probably) false:
   a. Pipetting with a pinch grip can lead to problems
   b. Taking micro-breaks when using the microscope is marvelous
   c. Standing in a static posture can cause swelling and sore feet
   d. Fitness and flexibility will help you avoid fatigue
   e. The rain in Spain falls mainly on the plain

8. The two most important factors to consider before you lift an object are:
   a. Horizontal distance and weight
   b. Vertical distance and size
   c. Horizontal distance and size
   d. Vertical distance and weight
   e. How many times you have to lift it and how much you are getting paid

9. To move something heavy you should:
   a. Keep your head and chin up, bend your knees, arch your back
   b. Plan the lift, avoid twisting, keep the load close to your body
   c. Spread your feet shoulder width apart, lift quickly
   d. Use handholds, “heft test” the object weight, keep your knees straight
   e. Bend forward at the waist, jerk quickly upright, call an ambulance