Ergonomics & CTDs Quiz

1. Good ergonomics:
   a. Adapts the job to the person
   b. Forces the person to fit the job
   c. Causes musculoskeletal disorders

2. Musculoskeletal disorders may result from repetitive motions or:
   a. Forceful exertion
   b. Awkward positions or movements
   c. Both a and b

3. Carpal tunnel syndrome occurs when the nerve in the wrist’s carpal tunnel is pinched.
   a. True b. False

4. An ergonomic work surface is positioned at:
   a. A 20-inch reach
   b. Waist height
   c. Shoulder height

5. The tools and materials you use should be within a:
   a. 20-inch reach
   b. 6-inch reach
   c. Longest possible stretch

6. An ergonomic tool is lightweight, doesn’t require extreme effort, and:
   a. Is custom-designed
   b. Is easy to grip
   c. Can be gripped with one finger

7. The ergonomic way to carry objects is with:
   a. Palm-up grip
   b. Palm-down grip
   c. Finger grip

8. Good ergonomics with vibrating tools includes:
   a. Operating them at the lowest efficient speed.
   b. Using them only on cold days
   c. Gripping them as tightly as possible

9. To prevent long-term ergonomic injuries, you should immediately report when your arm, hand, or other upper body part experiences:
   a. Cold
   b. Pain, numbness, or tingling
   c. Comfort

10. To prevent ergonomic injuries, it’s best to keep your hands:
   a. Warm
   b. Cold
   c. Wet