

Ergonomics Training Quiz

Name: _____ Date: _____
Team: _____ Shift: _____

1. Ergonomics is:
 - a) The study of occupational safety.
 - b) The study of the laws of work.
 - c) The study of equipment design.

2. What are examples of proper Ergonomic Techniques?
 - a) Avoid twisting at the waist.
 - b) Adjust your workstation and equipment to you.
 - c) Avoid pinch grips.
 - d) All of the above.

3. Pivoting with your feet instead of twisting at the waist reduces your risk of back injury.
TRUE or FALSE

4. When carrying a load,
 - a) Hold the load close to your body with your shoulders level and your back straight.
 - b) Keep your arms away from your body to help maintain your balance as you walk
 - c) Lean backwards to help you carry the load for longer distances without getting tired.
 - d) It's okay to carry a load improperly if it is light or you don't have to carry it far.

5. To reduce the risk of back strain and injury, use good posture when sitting and standing.
TRUE or FALSE

6. Our onsite nurse's name is:
 - a) Melissa
 - b) Kimberly
 - c) Annabelle
 - d) Stephanie

7. As long as you stretch before your shift, you do not need to stretch again during the shift.
TRUE or FALSE

8. When early warning signs go unreported and untreated, the employee may face permanent damage. TRUE or FALSE

9. Employees are required to report injuries and symptoms associated with illnesses:
 - a) within 24 hours
 - b) within 48 hours
 - c) within a week
 - d) whenever you get around to it.