**Basic Ergonomics (Section 1)**

1. What is ergonomics defined as?
2. The study of people in the workplace
3. The concept of cleanliness in the workplace
4. Process of fitting a job to a person
5. Process of fitting a person to a job

Answer c. process of fitting a job to a person

1. What states that a company has to keep ergonomics in mind?

OSHA’s General Duty Clause (Section 5(a)(1))

**Manual Material Handling and Lifting (Section 2)**

1. What does MSD stand for
2. Musculoskeletal Disease
3. Multiple Standard Disease
4. Movement and Standing Disease
5. Mid-Side Disease

Answer a. Musculoskeletal disease

1. Which is the #1 time off injury
2. Fracture
3. Laceration
4. Lower back pain
5. Tendonitis

Answer c. lower back pain

1. The back brace is good for muscle tone and spine alignment
2. True
3. False

Answer b. False

1. An injury is long term and a disease is instantaneous
2. True
3. False

Answer b. False

**Awkward Posture (Section 3)**

1. Reaching is allowed if it’s part of your job?
2. True
3. False

Answer: b. False

1. It’s not necessary to have walking breaks during work hours?
2. True
3. False

Answer: b. False

1. What posture should you try to remain?



1. (b) (c)

Answer: c.

1. Should you notify/address when someone else is doing an awkward posture?
2. Yes, my co-worker safety is important.
3. No, it’s none of my business and he/she should be informed.

Answer: a. Yes, my co-worker safety is important.

Image refrence: Clipground, (2019), *Postures clipart* [ONLINE]. Available at: https://clipground.com/images/good-standing-clipart-2.jpg [Accessed 19 November 2019]

**Vibration Assessment questions (Section 4)**

1. Hand Arm Vibration and Hand Arm Vibration Syndrome are the same thing.
2. True
3. False

Answer a. false, Frequent and regular exposure to Hand Arm Vibration causes Hand Arm Vibration Syndrome

1. Which of the following are examples of tools that cause Hand Arm Vibration?
2. Hammer Drills
3. Grinders
4. Powered Hammers
5. All of the Above

Answer d. all of the above

1. Which of the following Statement below are true?
2. Hand Arm Vibration Syndrome is curable
3. Carpal Tunnel Syndrome Is curable
4. Both a & c
5. None of the Above

Answer d. While HAVS and CTS have therapies to manage symptoms, neither condition is curable.

1. PPE like Vibration dampening gloves are the most effective method of protection to vibration.
2. True
3. False

Answer b. PPE is the least effective control measure for hazard exposure.