



## Ergonomics Quiz

Select the best possible answer from each question. (Correct answers on bottom of page)

1. Ergonomics is:
  - a. The science of fitting the workplace to the worker
  - b. The science of fitting the worker to the workplace
  - c. Only a concern for office workers
  - d. Is not a science at all
2. You are in a neutral posture when:
  - a. Your shoulders, hips and knees are in a straight line.
  - b. Your ears, shoulders and hips are in a straight line.
  - c. Your ears, hips and knees are in a straight line
  - d. Your ears, hips and feet are in a straight line
3. Movement and stretching:
  - a. Prevents injury and disease
  - b. Improves circulation
  - c. Should be done every 30 to 60 minutes
  - d. All of the above
4. Risk factors for developing a cumulative trauma disorder include:
  - a. Stress
  - b. Non-neutral joint postures
  - c. Force and Repetition
  - d. All of the above
5. Working in non-neutral positions may lead to:
  - a. Cumulative Trauma Disorders
  - b. Joint Discomfort
  - c. Both A and B
  - d. None of the above
6. What can you do to ensure you are in neutral postures while you work?
  - a. Request an ergonomic assessment
  - b. Wait to see if you have pain or discomfort
  - c. Wear neutral clothing
  - d. None of the above

1) a    2) b    3) d    4) d    5) c    6) a