



## Ergonomic Quiz

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**First Name:**

**Last Name:**

**Student/Staff ID (email):**

**Supervisor:**

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**1 Ergonomic disorder may result from making the same motion over and over**

True

False

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**2 Ergonomic disorder may cause pain or numbness in arms, hands, and wrists.**

True

False

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**3 Only a supervisor can tell when a task has poor ergonomic design**

True

False

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**4 It is better to work with wrists bent or flexed, not straight.**

True

False

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**5 Shaking wrists and fingers during breaks can help prevent cumulative trauma disorders**

True

False

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**6 It is better ergonomically to operate a tool with one finger or hand rather than two.**

True

False

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**8 You can improve ergonomics by changing how you work to avoid too many reaching, bending, and twisting movements or working in the same position for prolonged periods..**

True

False

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**9 Stretching your arms and upper body a few times before you start work is a good idea.**

True

False

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**10 It is best to avoid lift with the back and bending at the back when possible.**

True

False

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**NOTE!** When finished, print out a copy, sign and date it, and return it to your Safety Officer via mailbox

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**SIGN YOUR NAME HERE:**

**Date:**

Last Modified: 03/31/2007