QUIZ

"OFFICE ERGONOMICS TRAINING"

Name: ___________________________ Date: ________________

1. Carpal tunnel syndrome results from inflamed muscles and ligaments in what part of your body?
   _____ Your neck.
   _____ Your lower back.
   _____ Your wrist.

2. True or False?... Forcing a tool to do more than it was designed to do is a safe way to get a job done more quickly.
   _____ True
   _____ False

3. When your workspace is _________, you may often have to make long, awkward reaches to get at the things you need.
   _____ Compact.
   _____ Disorganized.
   _____ Comfortable.

4. To set yourself up so you can work in neutral positions, what part of your workspace should you adjust first?
   _____ The height of your footrest.
   _____ The height of your keyboard.
   _____ The height of your chair.

5. True or False?... Keeping your wrists flat while you’re typing on a computer keyboard helps relieve pressure on the median nerve.
   _____ True
   _____ False

6. True or False?... Deep breathing is a relaxation exercise than can help reduce both mental and physical tension on the job.
   _____ True
   _____ False
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PRESENTER'S COPY...WITH ANSWERS

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