QUIZ

LABORATORY SAFETY SERIES:
Laboratory Ergonomics

Name: ___________________________  Date: __________________

1. Which of the following can often be adjusted or moved to make jobs less ergonomically stressful?
   ___ Tools.
   ___ Instruments.
   ___ Seating.
   ___ All of the above.

2. True or False... Most workstations are designed for the "average" person?
   ___ True
   ___ False

3. Which of the following can be stressful for the body?
   ___ Repetitive motions.
   ___ Lifting heavy loads.
   ___ Extreme positions.
   ___ All of the above.

4. True or False... A position that places stress on a specific muscle or a joint is called a "neutral position"?
   ___ True
   ___ False

5. True or False... Your back can be weakened by bad posture?
   ___ True
   ___ False

6. True or False... You should bend at the waist to properly lift an object?
   ___ True
   ___ False

7. True or False... "Carpal tunnel syndrome" is the most common ergonomic injury to the wrist?
   ___ True
   ___ False
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PRESENTER'S COPY...WITH ANSWERS

1. Which of the following can often be adjusted or moved to make jobs less ergonomically stressful?
   ____ Tools.
   ____ Instruments.
   ____ Seating.
   X   All of the above.

2. True or False... Most workstations are designed for the "average" person?
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   X   False

7. True or False... "Carpal tunnel syndrome" is the most common ergonomic injury to the wrist?
   X   True