

NDSU Ergonomics Quiz

Name (*Print*): _____ Date _____

Department: _____

Department is to maintain this training record

1. Musculoskeletal Disorders are caused by repetitive stress/movements over a long period of time?
 A) True
 B) False
2. Which of the following symptoms are early warning signs of Musculoskeletal Disorders?
 A) Pain
 B) Numbness and Tingling
 C) Muscle Weakness
 D) Fatigue
 E) All of the above
3. Micro-break exercises performed during the work day will:
 A) Decrease productivity of the employee
 B) Cause disciplinary action by your supervisor
 C) Increase worker productivity and relieve physical tension
 D) Take 15 to 30 minutes to perform correctly
4. Correct body mechanics during lifting include:
 A) Lifting using your legs, arms and buttocks
 B) Bend your knees
 C) Twist instead of taking small steps or pivoting
 D) Keep the object away from your body
 E) A and B
 F) All of the above
5. The following are all common causes of back disorders except:
 A) Poor posture
 B) Faulty body mechanics during lifting
 C) Stressful living and working habits
 D) Weak muscles and decreased flexibility
 E) Exercising
6. If you are experiencing early warning signs of a Musculoskeletal Disorder, you should:
 A) Complete an incident report form within 24 hours
 B) Report the symptoms to your supervisor immediately
 C) Try to identify what is causing the problem
 D) A and B
 E) A, B and C
7. Every 20 to 30 minutes, take a 20 second break and look 20 feet away?
 A) True
 B) False
8. If a load is too heavy for you to lift from the floor, you should:
 A) Try to quickly jerk the load up from the floor
 B) Let your back muscles help with the lift
 C) Ask someone for help and lift it together
9. Drinking plenty of water helps with joint function
 A) True
 B) False
10. The stress to your body that causes musculoskeletal disorders can come from activities at work and at home
 A) True
 B) False