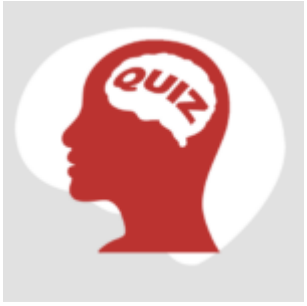
Ergonomics Quiz



October is Global or Occupational Ergonomics Month. So it’s a good time to assess how well your company addresses ergonomics-related hazards in the workplace. Injuries caused by hazards such as poor design, repetitive motion and excessive force or vibration account for a high percentage of all workplace injuries. In addition, the OHS laws across Canada either expressly or implicitly require employers to protect workers from ergonomics-related hazards.

How to Use the Tool

Give this quiz, developed by **WorkSafeBC**, to workers and supervisors to see how well they understand ergonomics and related safety issues, such as fatigue. If workers and supervisors don’t do well on the quiz, consider giving them refresher training on identifying ergonomics-related hazards, the symptoms of musculoskeletal injuries (MSIs), and how to prevent MSIs.

Questions

1. Methods of minimizing rates of repetition in jobs include:

a) Alternate use of limbs
b) Self-pacing
c) Frequent rotation between jobs that use different postures and muscles
d) All of the above

Answer:_____

2. How much a worker can lift depends least on:

a) Body size
b) Frequency
c) Body position
d) Distance

Answer:_____

3. Good chair fit means that when you're sitting all the way to the back of the seat:

a) You have 2-3 finger-widths from the front edge of the seat and the back of your knee
b) Your chair has lumbar support that fits in the lumbar curve of your back
c) Your arms can rest comfortably by your side
d) All of the above
e) None of the above

Answer:_____

4. Continually being awake for 21 hours is equivalent to a blood alcohol level of:

a) .05
b) .08 (legal limit in Canada)
c) .10

Answer:_____

5. The effects of fatigue at work include:

a) Reduced ability to handle complex planning
b) Reduced reaction time
c) Reduced ability to respond to changes in surroundings or information provided
d) All of the above

Answer:_____

Answers to the quiz

1.**d,** 2.**a,** 3.**d,** 4.**b,** 5.**d**