



Ergonomics and You Questionnaire

Name: _____

Please circle your answers to the following questions.

1. The definition of ergonomics is, "The science of designing the job to fit the worker, rather than physically forcing the worker's body to fit the job."
 - a. True
 - b. False

2. Musculoskeletal disorders are disorders that affect which parts of the body?
 - a. Muscle
 - b. Nerve
 - c. Joints
 - d. Tendons
 - e. All of the above

3. Risk factors of MSD include (select all that apply):
 - a. Lifting heavy items
 - b. Bending
 - c. Dancing
 - d. Working in awkward body postures

4. Work-related musculoskeletal disorders include:
 - a. Eyestrain
 - b. Fatigue
 - c. Discomfort
 - d. All of the above

5. What is NOT an example of Personal Protective Equipment (PPE)?
 - a. Gloves
 - b. Scarf
 - c. Hard Hat
 - d. Harness

