INDUSTRIAL ERGONOMICS
TEST QUESTIONS

Name: ______________________
Date: ______________________

1. The basic definition of Ergonomics is?
   a. Using relaxed posture
   b. Fitting the employee to the workstation
   c. Fitting the workstation to the employee
   d. Either B or C

2. The concept of ergonomics was devised in the industrial boom of the 1980’s.
   a. True
   b. False

3. If you notice tingling, soreness or stiffness in your hands and wrists while typing you should:
   a. Correct your typing technique.
   b. Adjust your workstation.
   c. Take frequent mini-breaks
   d. All of the Above.

4. Which of the following can contribute to Carpal Tunnel Syndrome?
   a. Incorrect typing technique
   b. Poor posture
   c. Striking the keys too hard.
   d. All of the Above

5. The keyboard and monitor should be placed off to the side of the workstation.
   a. True
   b. False

6. The mouse should be __________________ the keyboard.
   a. Higher than
   b. Lower than
   c. Beneath
   d. On the same level as

7. Frequent mini-breaks and stretching exercises can help to relieve stress and make you feel better.
   a. True
   b. False
8. How far should your monitor be from your eyes?
   a. 8" to 24"
   b. 18"-30"
   c. 30"–48"
   d. At least 48"

9. Ergonomics only applies to personnel who operate desktop computers.
   a. True
   b. False

10. How often should you take breaks from keyboarding to stretch your hands and wrists?
    a. Every 30 minutes
    b. Every 4 hours
    c. Once a day
    d. Twice a day

11. Holding the phone between your head and shoulder can cause pain and discomfort in the neck and shoulders.
    a. True
    b. False

12. What angle should your arms be bent to keyboard safely and comfortably?
    a. 180 degrees
    b. 90 Degrees
    c. 45 Degrees
    d. 0 Degrees

13. When typing, your wrists should remain ________________.
    a. Twisted
    b. Straight
    c. Bent
    d. Motionless
Answer Key

1. C
2. B
3. D
4. D
5. B
6. D
7. A
8. B
9. B
10. A
11. A
12. B
13. B