

Shipyards Ergonomics

Pre-Test

Post-Test

NAME: _____ DATE: _____

True or False: For each statement below, circle T or F

| | | | |
|---|---|---|---|
| 1 | T | F | WMSD stands for Work-Related Muscle Defect (Work-related musculoskeletal disorders) |
| 2 | T | F | Tendonitis is an example of a WMSD |
| 3 | T | F | Most WMSD affect the hands, wrists, elbows, neck, and shoulders. |
| 4 | T | F | Ergonomics is fitting the person to the work |

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| 5 | T | F | The "neutral zone" and the "power zone" are the same thing. |
| 6 | T | F | When lifting you should always keep your head down. |
| 7 | T | F | Awkward positioning only applies to the back. |
| 8 | T | F | A best ergonomic practice is to stay in the same position. |

Please see back of page to complete quiz

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| 9 | T | F | Repetitive Motion Syndrome is one of the most common injuries in the United States. |
| 10 | T | F | HVAS stands for Hand Arm Vocational Syndrome. |
| 11 | T | F | Common forceful exertions include sliding equipment and materials. |
| 12 | T | F | We should grasp our tools lightly but firmly. |

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| 13 | T | F | One way to avoid an injury due to “duration” is doing the task the exact same way without any variance. |
| 14 | T | F | Static postures (or "static loading") refer to physical exertion in which the same posture or position is held throughout the exertion. |
| 15 | T | F | One solution to “static muscle loading” is to relax the muscle. |
| 16 | T | F | The significance of a “contact stress” injury factor increases as the force increases and the size of the affected area also increases. |

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| 17 | T | F | The temperature where you do work can be a risk factor. |
| 18 | T | F | Poor lighting rarely leads to other risk factors |
| 19 | T | F | Jumping on a hard surface strengthens the back and actually reduces back injuries. |
| 20 | T | F | The best solution to reduce the risk factor from noise is wearing hearing protection. |

This material was produced and/or reviewed under grant SH-27645-SH5 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products or organizations imply endorsement by the U.S. Government.