Name: _____   Date: _____

Knowledge Check: Ergonomics

1. Ergonomics is the science of ____.
   a. designing the job to fit the worker
   b. fitting the worker to the job
   c. lifting injuries
   d. safety and health

2. MSDs account for approximately ____ of all injuries and illnesses.
   a. 1%
   b. 10%
   c. 33%
   d. 54%

3. Which of the following is an example of an ergonomic risk factor?
   a. Neutral postures
   b. Rest
   c. Repetition
   d. Personal protective equipment

4. Ergonomic hazards can be prevented or reduced by which of the following control methods?
   a. Engineering controls
   b. Proper work practices/administrative controls
   c. Personal protective equipment
   d. All of the above