

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Knowledge Check: Ergonomics

### Answer Key

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**