

# QUIZ

## "LABORATORY ERGONOMICS"

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

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

1. Which of the following can often be adjusted or moved to make jobs less ergonomically stressful?  
 Tools.  
 Instruments.  
 Seating.  
 All of the above.
  
2. True or False... Most workstations are designed for the "average" person?  
 True  
 False
  
3. Which of the following can be stressful for the body?  
 Repetitive motions.  
 Lifting heavy loads.  
 Extreme positions.  
 All of the above.
  
4. True or False... A position that places stress on a specific muscle or a joint is called a "neutral position"?  
 True  
 False
  
5. True or False... Your back can be weakened by bad posture?  
 True  
 False
  
6. True or False... You should bend at the waist to properly lift an object?  
 True  
 False
  
7. True or False... "Carpal tunnel syndrome" is the most common ergonomic injury to the wrist?  
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### PRESENTER'S COPY...WITH ANSWERS

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