Online Ergonomics – Session 1 Homework Worksheets

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Name: Email:

Completion Requirements

To meet the completion requirements of this course (and get Continuing Education or Professional Development credit), you will need to complete several learning exercises and a course evaluation.

Please complete the ***Worksheets*** following each session and then submit some of the information from your homework using an online ***Test Function*** to report your findings. **The test link is sent to participants after each training session.**

PLEASE READ AND COMPLETE THIS ENTIRE WORKSHEET CAREFULLY PRIOR TO ACTIVATING THE HOMEWORK TEST LINK IN YOUR EMAIL OR YOU MAY NEED TO SUBMIT YOUR HOMEWORK MANUALLY!

Reporting Test Answers

Information from these worksheets is reported via multiple choice questions using an online "test" format. The link for that test is sent to you in an email following each session. **PLEASE DO NOT ACTIVATE THE TEST UNTIL YOU HAVE COMPLETED THE WORKSHEETS**. If you have any questions, please call the clinical help desk at (866) 997-9675.

When you have completed the worksheets and have about 15-20 minutes to enter the information, activate and complete the online test. The correct answers and your score will be visible to you following submission.

If you score below 80%, we will ask you to submit your worksheets with notes indicating questions or your understanding of the correct answers (send them to diana.ream@workwellpc.com).

Each assignment should be completed within a few days of the corresponding session, although extensions may be prearranged by contacting WorkWell.

You must successfully complete BOTH sets of homework (Session One and Two) to receive course credit. **If you have any questions, please contact our clinical help desk at (866) 997-9675.**

Session One Overview Questions

1. The Ergonomics Risk Screen examines three primary ergonomics factors (check all that apply):
   - ☑ Posture
   - ☐ Contact Stress (sharp edge and hard surface)
   - ☑ Force
   - ☐ Workforce training
   - ☑ Repetition (Duration and Frequency)
2. Interpretation of the Relative Risk Index indicates (check all that apply):
   - ☐ A score of 0 to 1 indicates for sure there is no risk for a musculoskeletal disorder (MSD)
   - ☑ A score of 0 to 1 indicates there is minimal risk for an MSD but does not eliminate it entirely
   - ☐ A score of 4 or more indicates for sure an MSD will occur
   - ☑ A score of 4 indicates the relative risk of an MSD is higher than a score of 1
3. Ergonomics can be defined as (check all that apply):
   - ☐ Working harder, not smarter
   - ☐ Fit the person to job, don't force the job to fit the person
   - ☑ Optimizing job performance through appropriate workstation, tool and equipment design
   - ☐ Depending on workers to work safely when they are working in poor postures

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4. Physiological changes occur as a matter of aging (check all that apply):
   - ☑ Strength and flexibility may significantly decrease
   - ☐ Aerobic capacity and endurance typically increase
   - ☐ Visual acuity typically improves with aging
   - ☑ Reflexes and hand-eye coordination may deteriorate
   - ☑ Work expertise associated with work experience is enhanced
5. Effective work process design principles include (check all that apply):
   - ☑ Make it visually apparent what the control on a piece of equipment does
   - ☐ Previous experience in performing a task has no influence on future performance
   - ☑ Make clear relationships between controls, their movements, and results in the real world
   - ☑ Return information to the user regarding the outcome of user actions
6. Benefits of neutral spine position include (check all that apply):
   - ☐ Increased biomechanical stress into the spine and extremities
   - ☑ Increased respiratory function
   - ☑ Improved joint range of motion
   - ☑ Decreased biomechanical stress into the spine and extremities
7. Based on the length tension relationship of skeletal muscle (check all that apply):
   - ☐ Greatest muscle force can be generated with the elbow fully flexed (bent)
   - ☐ Wrist position flexed to 45 degrees allows for greater force production than mid-range of wrist position
   - ☑ Forward bending of the back to 30 degrees results in more intradiscal pressure than a neutral upright, spine position
   - ☐ The hand is able to generate a greater power grip when the wrist is in 25 degrees of extension compared to 5 degrees of extension
8. The LNI Lifting Calculator considers the following factors (check all that apply):
   - ☐ Gender of the person performing the lift
   - ☑ Actual object weight
   - ☑ How far from the body the object is being handled
   - ☐ Stature of the person performing the lift
   - ☑ How many times/minute the lift is being performed
   - ☑ How many hours/day the lift is being performed
9. Comfort Reach Zone is defined as (check all that apply):
   - ☑ Area in front and to the side of body where hands are used when doing precise hand activity
   - ☐ Area in front and to the side of body at arm's length to obtain parts and materials
   - ☑ Forearm length determines the dimensions of the Comfort Reach Zone
   - ☐ Arm length (tip of shoulder to middle of the hand) determines the dimensions of the Comfort Reach Zone
10. Anthropometric principles can be applied in ergonomics to (check all that apply):
    - ☑ Design standards
    - ☑ Reaches/heights
    - ☑ Handle configuration
    - ☑ General work station design
    - ☑ Development of biomechanical models