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Session Two Overview Questions

1. How can you assess if the correct workbench, tool and equipment is in use (check all that apply):
   - ☐ Allows neutral positions
   - ☐ Provides appropriate body and limb support
   - ☐ Allows work to be performed outside of acceptable reach zones
   - ☐ Competency-based workforce training is not provided
   - ☐ Manual Material Handling is controlled
2. A switch from manual to power tools (check all that apply):
   - ☐ Can reduce muscular force levels needed to operate the tool
   - ☐ Are always safer to use
   - ☐ May introduce torque reaction forces to the tool operation
   - ☐ Doesn't require on-going preventive maintenance to ensure proper operation
3. What are signs of unacceptable worker fatigue (check all that apply):
   - ☐ Profuse sweating
   - ☐ Flushed face
   - ☐ Heavy or labored breathing
   - ☐ Decreased hand/eye coordination when performing precision tasks
4. Strategies to control force levels related to material handling include (check all that apply):
   - ☐ Design job tasks to increase static muscle loading
   - ☐ Make use of mechanical devices, hoists, lifts, etc. to eliminate manual lifting
   - ☐ Relocate storage heights with heavier objects stored at overhead shelf levels
   - ☐ Provide adjustable height surfaces (e.g. scissors tables) to maintain desired height of material
5. When discussing gripping activities important information to be aware of includes (check all that apply):
   - ☐ A power grip makes use of smaller muscles than a pinch grip
   - ☐ Typically, a maximal pinch grip is only about 20% of a maximal power grip
   - ☐ A "one size fits all" glove policy is acceptable because only one size of gloves needs to be purchased
   - ☐ Generally, a gloved hand is able to produce about 25 to 30% more force than a gloved hand
6. A standing work position makes sense when (check all that apply):
   - ☐ Precise, high level dexterity tasks are performed
   - ☐ When frequent and/or heavy manual material handling is required
   - ☐ When significant downward forces are required to perform the task
   - ☐ Frequent movement outside of the Comfort Zone occurs; side-to-side stepping
7. Which statements regarding whole body and segmental vibration are true (check all that apply):
   - ☐ Generally, the best way to control vibration is by controlling the path not the source of the vibration
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   - ☐ Segmental hand/arm vibration can be found in tasks that involve abrasives wheels and grinders
   - ☐ Whole body vibration can be reduced through the use of air-ride vehicle seats

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8. What are some ways to reduce the type and severity of contact stress (check all that apply):
   - ☐ Tool handle size and shape prominences that promote decreased pressure over any point of the grasping surface of the hand
   - ☐ Identify and correct sharp edges or sustained pressure on a machine guard
   - ☐ Provide self-opening tools (pliers and scissors)
   - ☐ Encourage the use of hands as hammers
9. Signs that a job task may be complex includes (check all that apply):
   - ☐ Workers have to evaluate data before taking action
   - ☐ Operator has to sense and respond to information signals occurring simultaneously from different machines
   - ☐ Minimal time is required to train workers?
   - ☐ The task requires a minimal level of accuracy
10. Preventive Maintenance of tools, equipment and workstations should include (check all that apply):
   - ☐ Maintenance performed only after a breakdown has occurred
   - ☐ Equipment design that provides easy access for maintenance activities
   - ☐ A regular schedule for preventive maintenance is in effect
   - ☐ Floor surfaces are examined on a regular basis for cracks and areas of unevenness