

**WORKSTATION ERGONOMICS - PART 2
CUMULATIVE TRAUMA DISORDERS**

T282

Name: _____

Date: _____

Test Questions:

1. Ergonomics is:
 - A. The science of adjusting your work environment to fit your body.
 - B. The science of adjusting your body to fit your work environment.
 - C. The study of space travel.
 - D. Another word for computer technology.

2. Cumulative Trauma Disorders (CTDs), or Repetitive Stress Injuries, may result from:
 - A. Repeating the same motion over and over.
 - B. Poor posture.
 - C. Poor ergonomics.
 - D. A combination of the above.

3. When spending long hours at a computer workstation, adjust your chair so:
 - A. You can stretch your legs under the desk and slouch in your chair.
 - B. Your feet rest comfortably on the floor, and your lower back is supported by the chair's backrest.
 - C. You can sit with your feet tucked under your body.
 - D. None of the above: it doesn't matter how you sit.

4. When assuming a typing position, it is best to keep:
 - A. Shoulders elevated, elbows resting on chair arms, and wrists bent downward.
 - B. Shoulders relaxed, elbows tight against the body, and wrists bent upward.
 - C. Shoulders relaxed, elbows swinging free, and wrists straight.
 - D. None of the above: you can assume any position that is comfortable.

5. To help reduce the stress of repetitive activities or postures, it's important to:
 - A. Take breaks away from that activity and perform other tasks.
 - B. Take naps at your desk.
 - C. Take mini-breaks to stand up, move about, or even exercise at your desk.
 - D. Both A and C.

Signature