



# Safety Tips

A five-minute training series for PCOs.

## Ergonomics Quiz

Name \_\_\_\_\_

Date \_\_\_\_\_

- |  | True                     | False                    |
|--|--------------------------|--------------------------|
| 1) Many everyday products are designed ergonomically, but need adjustment to fit the individual's needs.     | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Some personal equipment can be used to compensate for the ergonomic problems.                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) An example of built-in ergonomic equipment is handrails.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Chair designs can remedy some ergonomic problems.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Ergonomics is the applied science of equipment design in order to reduce operator fatigue and discomfort. | <input type="checkbox"/> | <input type="checkbox"/> |