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24. 3. 2020

BUSINESS BASICS

QUIZ ON ERGONOMICS

1. All the words given below are related to Ergonomics

a. Research and write the meanings of each word given.

b. Use each word correctly in making a sentence as it relates to ergonomics.

Words Meanings

1. Productivity

2. Ventilation

3. Temperature

4. Posture

5. Migraine

6. Electric shocks

7. Curvature

8. Morale

9. Eye strain

10. Static force

2. Four ways that Poor Ergonomics affect a worker’s health are:

1. Your posture can suffer.

2. You may become easily fatigued.

3. You can increase your risk of heart attack.

4. You may gain weight.

\*\*Explain how these four ways listed above will affect a worker\*\*

3. Certain diseases are related to poor ergonomics. They include:

1. Carpel Tunnel Syndrome

2. Tendonitis

3. Trigger finger/thumb

4. Radial tunnel syndrome

5 Degenerated disc disease.

TASK

For each disease given above:

a. Write the meaning of each one.

b. Get a picture showing how each disease manifests itself on a person.

4. Four ways in which an ergonomically designed office helps a business are:

1.

2.

3.

4.

5. Look again at the picture of the employee sitting around the computer and compare it with the picture below.

List six things which the employee in this picture is doing differently that may cause problems.

1.

2.

3.

4.

5.

6.

