

Ergonomics & MSD Prevention Study Guide

It's time for another round of Ergonomics & MSD Prevention Jeopardy!

Here is a brief study guide so you can be prepared to win.



What is Ergonomics?

The science of designing the workplace, keeping in mind the strengths and weaknesses of the human body.

What are Musculoskeletal Disorders (MSDs)?

The enemy of ergonomics!

What is the goal of ergonomics?

To prevent worker fatigue and discomfort that can lead to potential MSDs and help the company be successful at reaching its goals.

What are the primary ergonomic risk factors?

Force, repetition and posture.

What are controls?

Ergonomic controls are used to reduce ergonomic risk factors and help fit the work to the worker.

What is ½ of your body weight?

The amount of daily water intake in ounces need for optimal health and hydration.

What are the benefits of keeping the body hydrated?

Helps remove toxins, increases joint lubrication, gives muscle energy boost, prevent headaches and heart disease.

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What are unhealthy foods?

Soft drinks, refined sugar, Big Mac, fried foods

What are healthy foods?

Bright colored veggies, whole fresh fruits, whole grains, Omega 3 fish

What is the calorie deficit needed to lose 1 pound?

3,500 calories.

What is 80-100 pounds?

The amount of force on the back when lifting 10 pounds at arm's length.

What is compression deflection?

The most important factor in choosing anti-fatigue matting.

What is sitting?

The posture that exerts more pressure on your back.

What is counteractive stretching?

This should be done when you feel muscle fatigue or have been in one position for a long period of time.

What are cardiovascular training, strength training and flexibility/stretching?

Three types of exercise that should be in your fitness plan.