



Ergonomics On-Line Training Record

Circle the Correct Answer

1. Ergonomics applies to:

- a) Workstation design and how work is organized
- b) Working postures and handling manual materials
- c) Tools, equipment and furniture design
- d) Temperature, humidity and lighting
- e) All of the above

2. The primary risk factors for musculoskeletal injuries are

- a) Repetitive movements
- b) Forceful movements
- c) Fixed or awkward postures
- d) Bending, twisting and heavy lifting
- e) All of the above

3. While working at your workstation, usual work should be kept within forearm length.

- a) True
- b) False

4. One of the ways I can protect myself from a back injury is by

- a) Testing the object before lifting
- b) Keeping the load close
- c) Not twisting at the waist when lifting
- d) Lifting the load with a partner
- e) All of the above

5. The Ergonomics Safety Program (RMM) # 405 states that Supervisors must ensure ergonomics are considered in the design of present and new work tasks and work locations.

- a) True
- b) False

Date:	<u>PLEASE PRINT CLEARLY</u>	Supervisor Name:
Employee Name:	Department	Supervisor Signature:
Employee Signature:		Supervisor Email
Employee Email Address	Employee Phone Extension	Supervisor Phone Extension

This test record must be completed by the individual participating in the training. This test record is the documented record of your participation in this training. The intent of this record is to prove one's review of specific training materials. By signing these documents, you agree that you have reviewed the appropriate materials in detail and understand them. Please forward the original or a copy of this test record to the EOHSS office. Please retain a copy for your records. **If you are from the Faculty of Health Science, please send your forms to the FHS Safety Office in HSC 1J11 or fax to 905-528-8539**