

Name_____ Department_____

**Chemistry 685-Safety Seminar
Laboratory and Office Ergonomics
Tuesday, February 13, 2001**

- 1) What is the definition of ergonomics?
- 2) List three items that the new Ergonomic Standard requires of employers.
- 3) List three non-occupational ergonomic risk factors.
- 4) List three signs and symptoms of vision problems associated with computer workstations AND three potential causes.
- 5) A common misconception is to think of carpal tunnel syndrome as the only cumulative trauma disorder (CTD) when, in fact, there are many forms of CTD...name one of them.
- 6) List three musculoskeletal problems associated computer workstations AND their potential causes.
- 7) List three general ergonomic recommendations that can be beneficial to you in both your laboratory and computer work.