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.