7 MINUTE Safety Trainer

Computer Workstation Exercises

QUIZ 910

C-1E

COMPUTER WORKSTATION EXERCISES QUIZ

1. **Computer work may not seem hazardous, but awkward positions and repetitive motions can cause painful injuries.**
   a. True b. False

2. **Take an eye break every 15 minutes—look away from the monitor and focus on something at a distance of about 20 feet for a minute or so.**
   a. True b. False

3. **Blinking your eyes rapidly for a few seconds will moisten the eye's surface.**
   a. True b. False

4. **Injuries from computer work affect only hands and wrists.**
   a. True b. False

5. **It takes a long break to minimize the effects of sitting for hours working at the computer.**
   a. True b. False

6. **You should make exercises that focus on different areas of the body a regular part of your daily routine.**
   a. True b. False

7. **To stretch your wrist and forearm, lace your fingers and, with elbows pointed out, straighten your arms until you feel the stretch—then relax.**
   a. True b. False

8. **One of the best ways to reduce your exposure to musculoskeletal disorder (MSD) risk factors is to adjust your work space or workstation to fit your body.**
   a. True b. False

9. **The computer monitor should be placed directly in front of you, and you should not have to tilt your head up or bend your neck down to see it.**
   a. True b. False

10. **Frequently used work items should be in front of you and within easy reach so you can avoid awkward postures or excessive stretching.**
    a. True b. False

When you have completed this quiz, turn it in to your supervisor.

Name:_____ **Date:**_____

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Computer Workstation Exercises

ANSWERS TO COMPUTER WORKSTATION EXERCISES QUIZ

1. a. True.

2. a. True.

3. a. True.

4. b. False. Shoulders, back, neck, arms, legs, feet, and toes may also have pain, stiffness, or loss of mobility.

5. b. False. Even very short breaks will help to minimize the effects of sitting for hours working at the computer.

6. a. True.

7. a. True.

8. a. True.

9. a. True.

10. a. True.

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