



Edit Done

- 8. Avoiding new muscle activity soreness (NMAS) require:
 - a. over-exertions.
 - b. bending at the back
 - keeping the wrist straight when using hand tools.
- - lower risk for back injuries than lifting at heights lower than 95 cm.
 - Lifting at heights above 75 cm has
 - Lifting at heights above 75 cm has more risk for back initial at height and at height and at height and at height and a significant at height at height and a significant at height at height at height and a significant at height at height at height and a significant at height at h wan 75 cm.
- d. the muscle should be warmed and conditioned for the task.
- e. using ergonomically designed hand tools.
- 9. According to the NIOSH lifting equation:
 a. Lifting at heights above 95 cm has
 d. Lifting at heights above 95 cm has more risk for back injuries than lifting at heights lower than 95 cm.
 - Lifting at heights above 75 cm has less risk for back injuries than lifting at heights lower than 75 cm.

 Lifting at heights above 95 cm has equal risk for back injuries as lifting at heights lower than 75 cm.
- Stress maybe triggered by all except:
 a. work overload
 b. clearly defined work responsibilities
 c. boardom
- ambiguity in work roles and goals

- c. 0.90

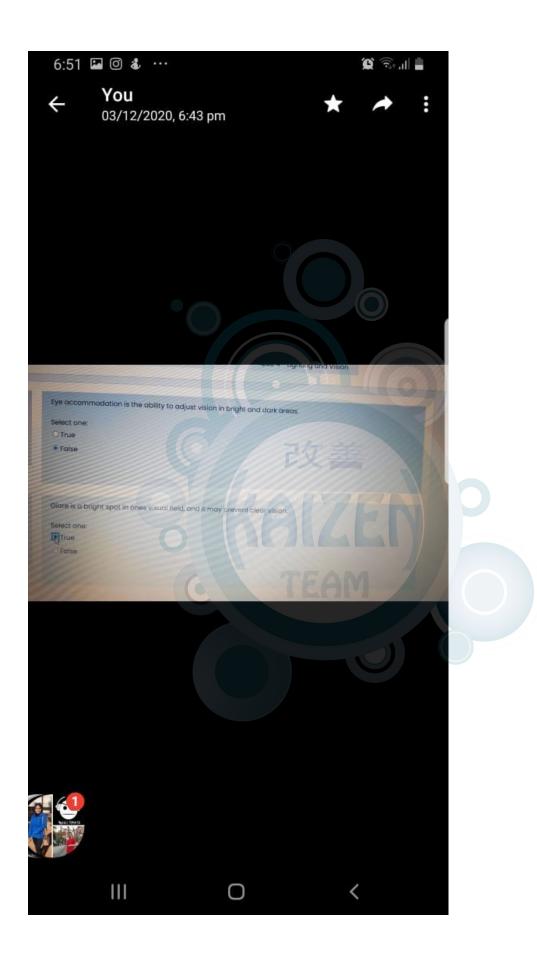
- d. 0.95 0.0
- 12. Postural analyses aim to:
 - a. Identify strength associated with each d. Weighted averages of time and exertions associated with each work
 - b. Identify reach associated with each e. Identify contorted postures.
 - c. All other answer choices are
- posture.
- incorrect.
- ___ 13. In regards to light sensors in the eye; Rods and Cones:
 - a. Rods are more sensitive than Cones d. There are more rods than cones
 - b. There are more rods than cones, but e. There are more rods than cones, and cones are more sensitive.
 - Cones are more sensitive than Rods
- rods are more sensitive.

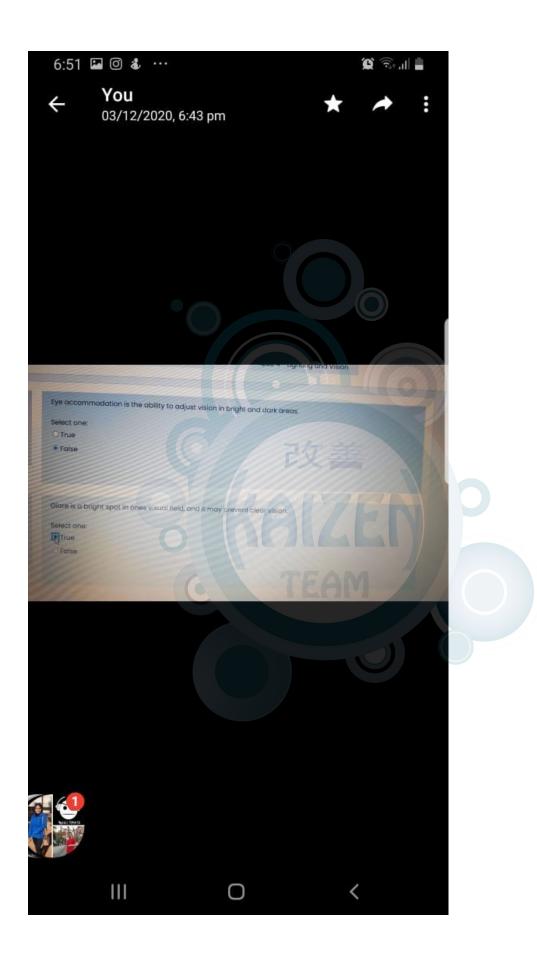
Work with LI not greater than one results in zero risk for back injuries. Older people are weaker then young adults and the NIOSH lifting equation is age dependent.	und pressure level" is most likely closest to: 70 dB 40 dB	The ability of a person to reduce the effects of the fight or flight response can be majowed by physical exercise Major cause for mental health problems in modern life	24 12 24 12 24 12 24 12 24 12 24 12 24 12 24 24 24 24 24 24 24 24 24 24 24 24 24	auses temperature sensor problems educe nerve conductivity	
14. The following is true: a. NJOSH lifting equation is applicable d. for lifting tasks during sitting work. b. NJOSH lifting equation provides cqual protection for males and females. c. The RWL calculations is not gender dependent.	15. If a NOISE is interfering with "speech", its "sound pressure level" is most likely closest to: a. 80 dB b. 60 dB c. 40 dB c. 50 dB	A. None of the other answer choices A. T. A. Accretised for the survival of the human C. Major cause for physical health problems in modern life in modern life O. Major cause O. Major	17. The number of moveable vertebras in the lumbar region of the spinal column is: 4. 24 6. 3 6. 12 7. 4 by the best of conditions the maximum NIOSH recommended weight limit in kilograms is: 2. 23 6. 13 6. 25	a. Significantly affects solubility of oxygen d. Causes temperature sensor problems in the blood b. None, all of the other answer choices are e. Reduce nerve conductivity correct above honeshown.	
	Y				









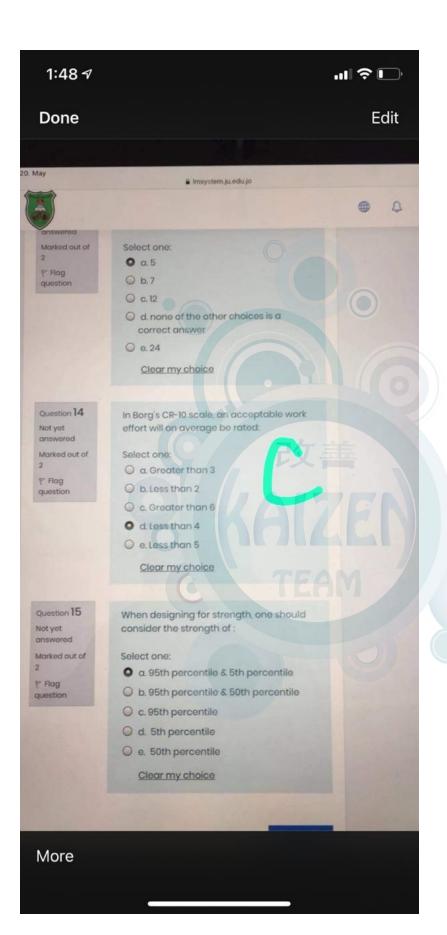














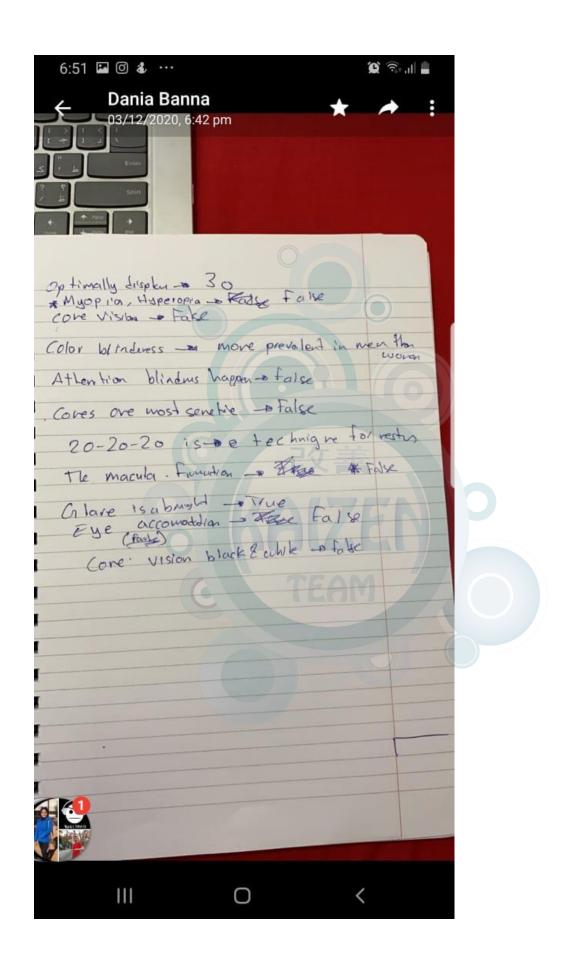


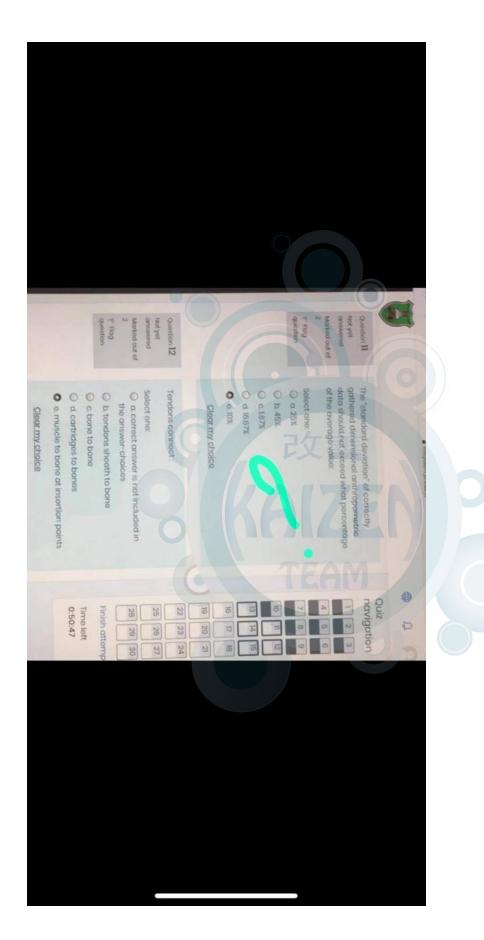


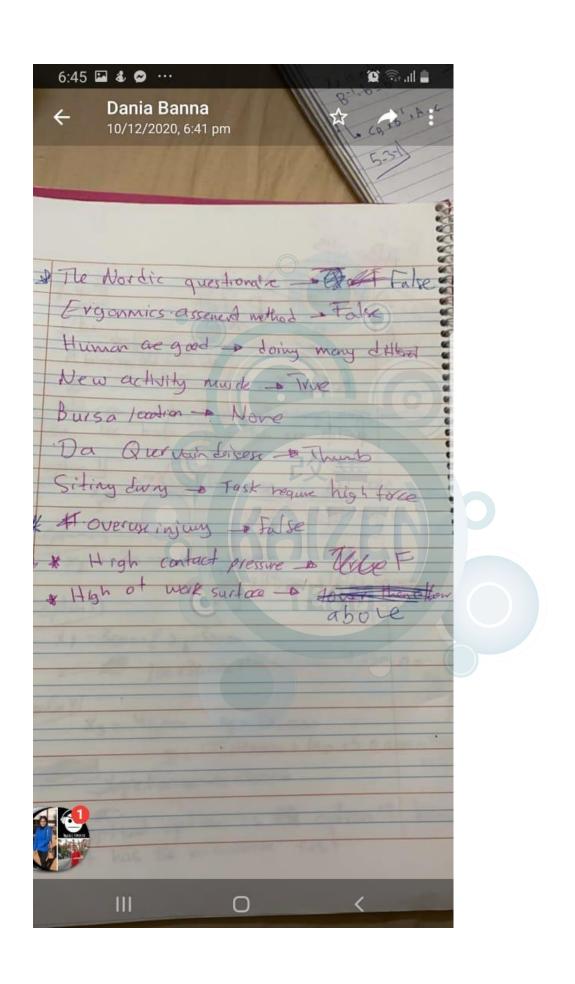












Question 3 Not yet answered Marked out of

P Flag question

2.00

A worker at the end of an assembly line is assigned to lower finished products of the assembly line onto the floor level. The vertical distance for lowering is 51 cm, and the handles are 34 cm in front of the worker. If the weight of finished product is 15 KG, then all of the following situations are considered unsafe, Except:

TABLE 10-4. MAXIMAL ACCEPTABLE LOWER WEIGHTS (KG)

		Knuckle height to floor level									Shoulder height to knuckle height One lower every									Overhead reach to shoulder height One lower every									
Width (a)	Distance (b)	Percent (c)	5	9 sec	14	1	2	5 in	30	8 hr	5	9 sec	14	T	2	5 in	30	8 hr	5	. 9 sec	14	1	-2	5 in	30	8 hr			
	Males	90	10	13	14	17	20	22	22	29	16	13	15	12	20	20	20	24	q	10	12	14	16	16	14	20			
34	51	75 50	14	18	20	25	28	30	32 42	40	15	18 23	21	23	27	27	27	33	12	14	17.	19 24	22 28	16 22 28	16 22 28	20 27 35			
	Females	90	7	9	9	11	12	13	14	18	8	9	9	10		12	12	15	2	9	8	8	10	11	11	13			
34	51	75 50	9	11	11	13	15	16	17 20	22 27	9	11	11	12	14	15	15	19	8	9	10	10	12 14	13	13 5	16			

(a) Handles in front of the operator (cm)

Conversion.

(b) Vertical distance of lowering (cm)

1 kg = 2.2 lb

(c) Acceptable to 50, 75, or 90 percent of industrial workers

1 cm = 0.4 in.

SOURCE, From Snook and Ciriclio, 1991.

a. 50th percentile male lowering a finished product every 5 seconds.

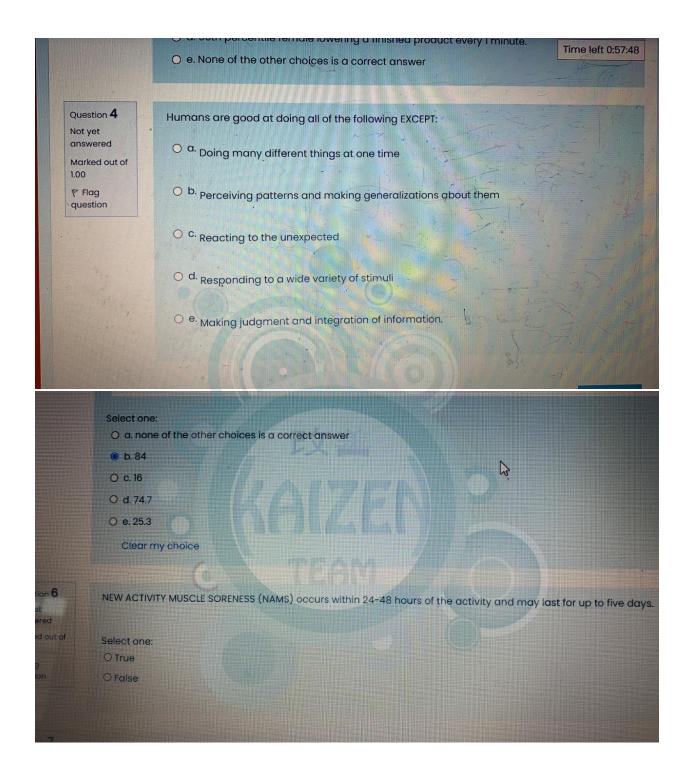
P Flag question TABLE 10-4. MAXIMAL ACCEPTABLE LOWER WEIGHTS IKGI

				K	floc	or lev	vel				Shoulder height to knuckle height One lower every									Overhead reach to shoulder height One lower every								
Width (a)	Distance (b)	Percent (c)	5	9 sec	14	1	2 m	5	30	8 hr	5	9 sec	14	l	2 m	5	30	8 hr	5	9 sec	14	1	-2 m	5 in	30	8 hr		
34	Males 51	90 75 50	10 14 19	13 18 24	14 20 26	17 25 33	20 28 37	22 30 40	22 32 42	29 40 53	11 15 20	13 18 23	15 21 27	17 23 30	20 27 35	20 27 35	20 27 35	24 33 43	9 12 16	10 14 19	12 17 22	14 19 24	16 22 28	16 22 28	16 22 28	20 27 35		
34	Females 51	90 75 50	7 9 10	9 11 13	9 11 14	H 13 16	12 15 18	13 16 19	14 17 20	18 22 27	8 9 11	9 11 13	9 11 13	10 12 14	11 14 16	12 15 18	12 15 18	15 19 22	7 8 10	8 9	8 10 11	8 10 12	10 12 14	11 13 15	11 13 15	13 16 19		

- (a) Handles in front of the operator (cm)
- (b) Vertical distance of lowering (cm)
- Conversion 1 kg = 2.2 lb
- (c) Acceptable to 50, 75, or 90 percent of industrial workers
- 1 cm 0.4 in.

SOURCE: From Snook and Ciriclio, 1991.

- O a. 50th percentile male lowering a finished product every 5 seconds.
- O b. 25th percentile female lowering a finished product every minute.
- O c. 25th percentile male lowering a finished product every 5 seconds.
- Od. 90th percentile female lowering a finished product every 1 minute.
- O e. None of the other choices is a correct answer



Hillie Iei

Based on the anthropometric data in the table provided, a male stature of 170 cm is at a percentile of:

TABLE 1-3. BODY DIMENSIONS OF U.S. CIVILIAN ADULTS, FEMALE/MALE, IN CM

		Percentiles		
A	5th	50th	95th	SD
HEIGHTS				
(f above floor, s above seat)				
Stature ("height")	152.78 / 164.69	162.94 / 175.58	173.73 / 186.65	6.36 / 6.68
Eye height!	141.52 / 152.82	151.61 / 163.39	162.13 / 174.29	6.25 / 6.57
Shoulder (acromial) height/	124.09 / 134.16	133.36 / 144.25	143.20 / 154.56	5.79 / 6.20
Elbow height	92.63 / 99.52	99.79 / 107.25	107.40 / 115.28	4.48 / 4.81
Wrist height'	72.79 / 77.79	79.03 / 84.65	85.51 / 91.52	3.86 / 4.15
Crotch height	70.02 / 76.44	77.14 / 83.72	84.58 / 91.64	
Height (sitting)	79.53 / 85.45	85.20 / 91.39	91.02 / 97.19	4.41 / 4.62
Live height (sitting)	68,46 / 73,50	73.87 / 79.20		3.49 / 3.56
Shoulder (acromial) height	20,10 12,124	75.017 77.20	79.43 / 84.80	3.32 / 3.42
(sitting)"	50.91 / 54.85	55.55 / 59.78	60.26	
Elbow height (sitting)	17.57 / 18.41		60.36 / 64.63	2.86 / 2.96
Thigh height (sitting)	14.04 / 14.86		26,44 / 27,37	2.68 / 2.72
Knee height (sitting)			18.02 / 18.99	1.21 / 1.26
Popliteal height (sitting)!		51.54 / 55.88	56.02 / 60.57	2.63 / 2.79
DEPTHS	35.137 39.46	38,94 / 43,41	42.94 / 47.63	2.37 / 2.49
Forward (thumbtip) reach	67.67 / 73.92	73.46 / 80.08	79.67 / 86.70	3.64 / 3.92
- Buttock-knee distance (sitting)	54 21 / 56 90	58 89 / 61 61	45 00 22 31	110 272

Heart rate is a good index for energy expenditure_____

- O a. always
- O b. for extremely heavy work
- O c. for light work
- od. for moderate to heavy work
- O e. for work that does not involve the whole body

To determine 20th perce K = 0.84.

Time left 0:53:20

Select one:

- o a. none of the other choices is a correct answer
- 6 b 84
- O c. 16
- O d. 74.7
- O e. 25.3

Clearmy choice

- a. Tor moderate to neavy work
- O e. for work that does not involve the whole body

Clear my choice

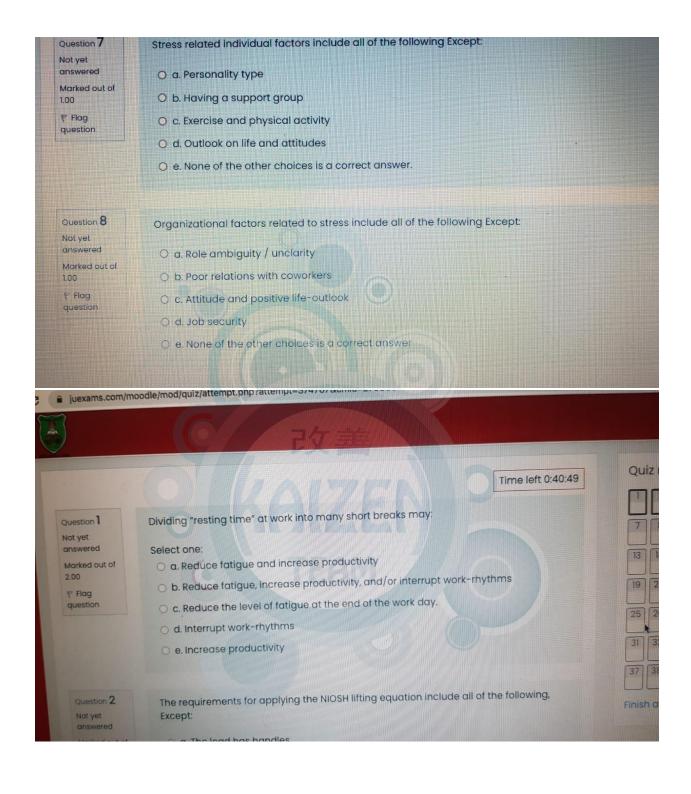
When we feel stressed, our bodies respond by raising the concentration of stress hormones in our blood.

Select one:



O False

The height of the keyboard for a touch typeset should satisfy all of the following Except:



Time left 0:40:26

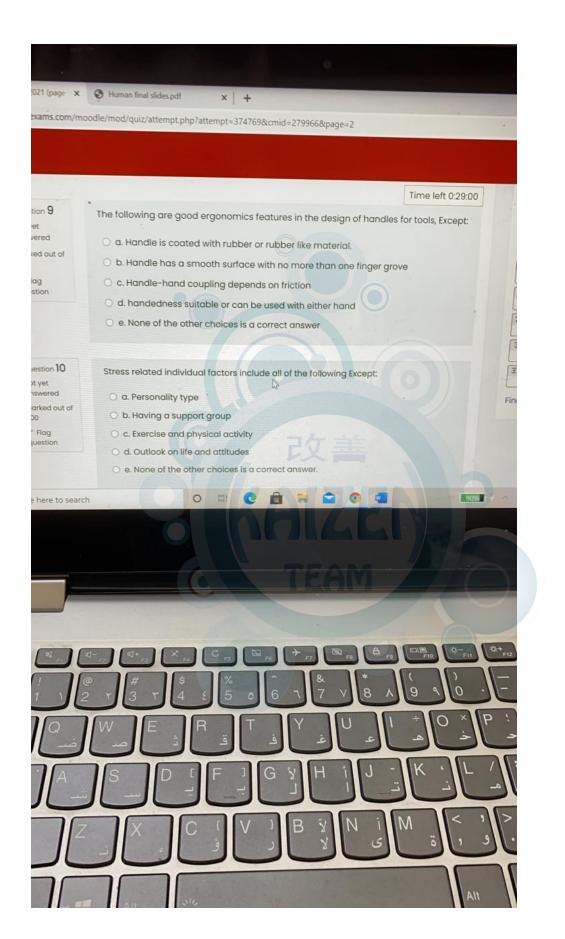
The below table is the results from applying the NIOSH lifting equation on a task tat meets all the technical requirements. The weight of the load is 20 KG, the lifting index is:

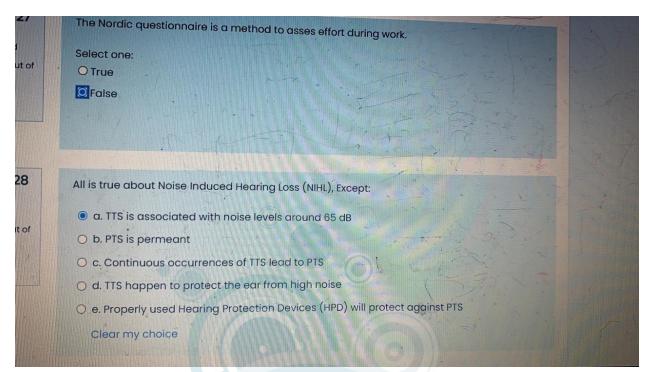
HM	MA			ווונוו	ig index is:
· itel	VM	DM	AM	FM	СМ
1	0.85	0.9	0.57		
1	1	0.9	0.88		
	HM 1	0.85	0.85 0.9	1 0.85 0.9 0.57	1 0.85 0.9 0.57 1

- O a. 2
- O b. 0.5
- O c. 0.2
- O d. None of the other choices is a correct answer
- O e. 5

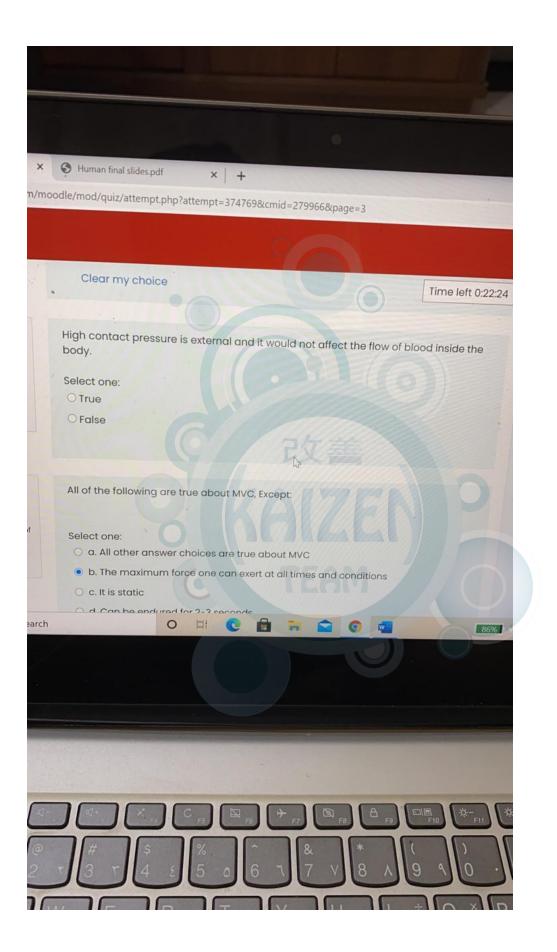
Question 16 Bursa locations include all of the following EXCEPT: Not yet answered Marked out of a. Knees 1.00 b. Shoulders P Flag question o c. Forearm O d. Hip e. None of the other choices is a correct answer Clear my choice

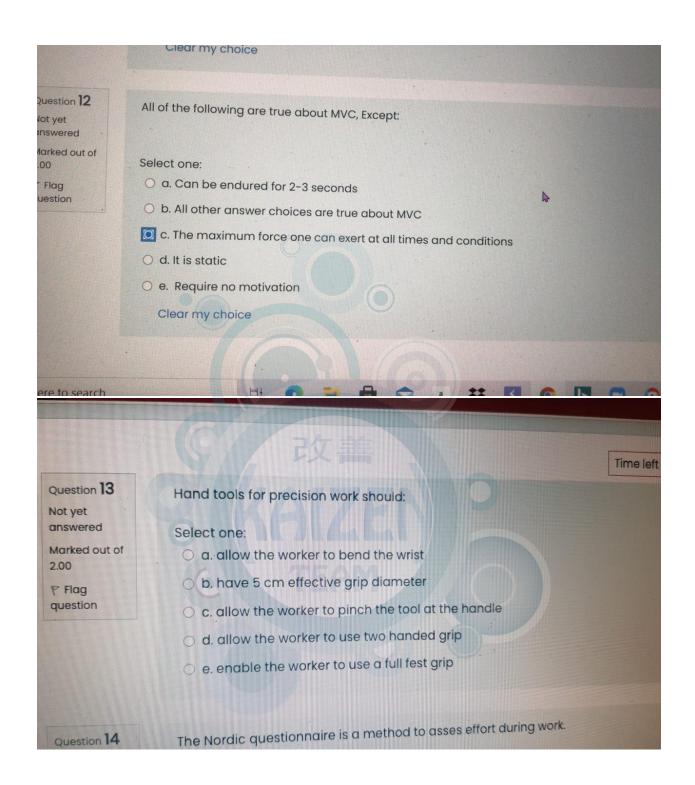
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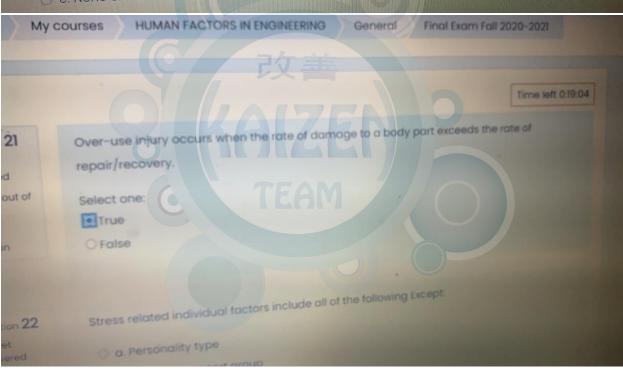


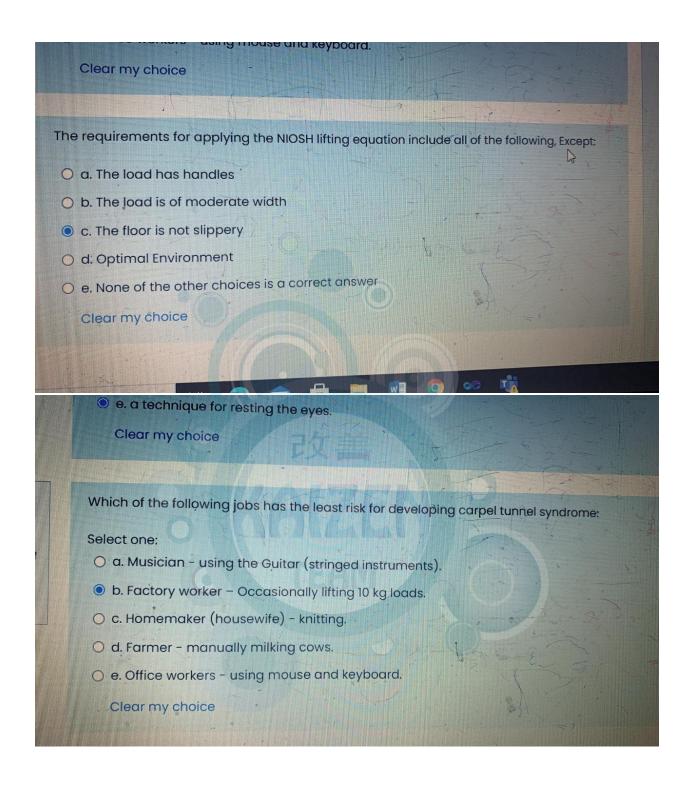
(a)	(b)	(c)		sec			m	in	30	hr	5	9 sec	14		n	in o	30	hr	5	9 sec	14	1	2	5 nin	30	1
34	Males 51 Females	90 75 50	10 14 19	13 18 24	14 20 26	17 25 33	20 28 37	22 30 40	22 32 42	29 40 53	11 15 20	13 18 23	15 21 27	17 23 30	20 27 35	20 27 35	20 27 35	24 33 43	9 12 16	10 14 19	12 17 22	14 19 24	16 22 28	16 22 28	16 22 28	And delivery
34	51	90 75 50	7 9 10	9 11 13	9 11 14	11 13 16	12 15 18	13 16 19	14 17 20	18 22 27	8 9 11	9 11 13	9 11 13	10 12 14	11 14 16	12 15 18	12 15 18	15 19 22	7 8 10	8 9 11	8 10 11	8 10 12	10 12 14	11 13 15	11 13 15	111

(c) Acceptable to 50, 75, or 90 percent of industrial workers 1 cm - 0.4 in.

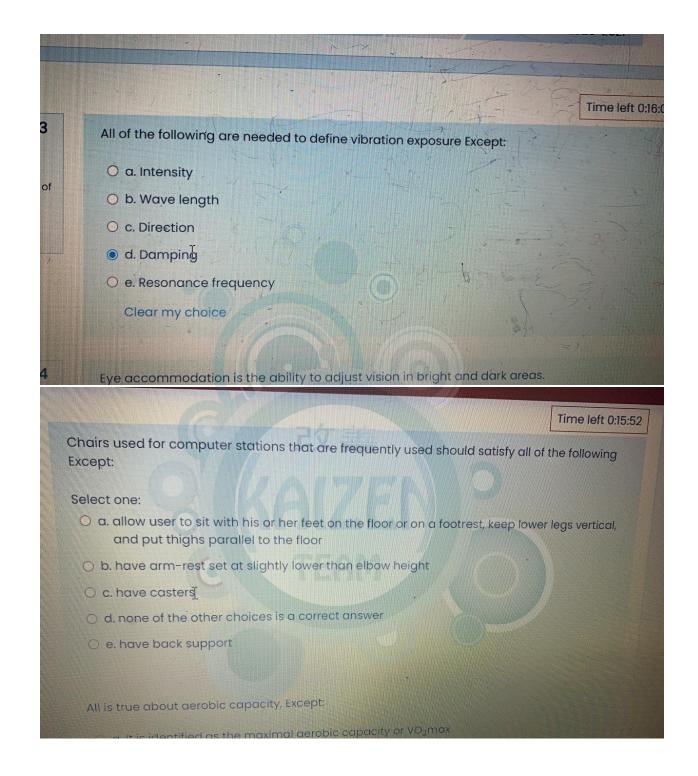
SOURCE: From Snook and Ciricllo, 1991.

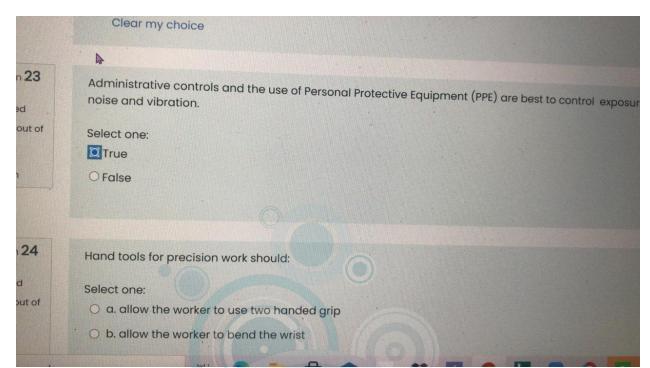
- a. 50th percentile male lowering a finished product every 5 seconds.
- O b. 25th percentile female lowering a finished product every minute.
- O c. 25th percentile male lowering a finished product every 5 seconds.
- O d. 90th percentile female lowering a finished product every 1 minute.
- O e. None of the other choices is a correct answer



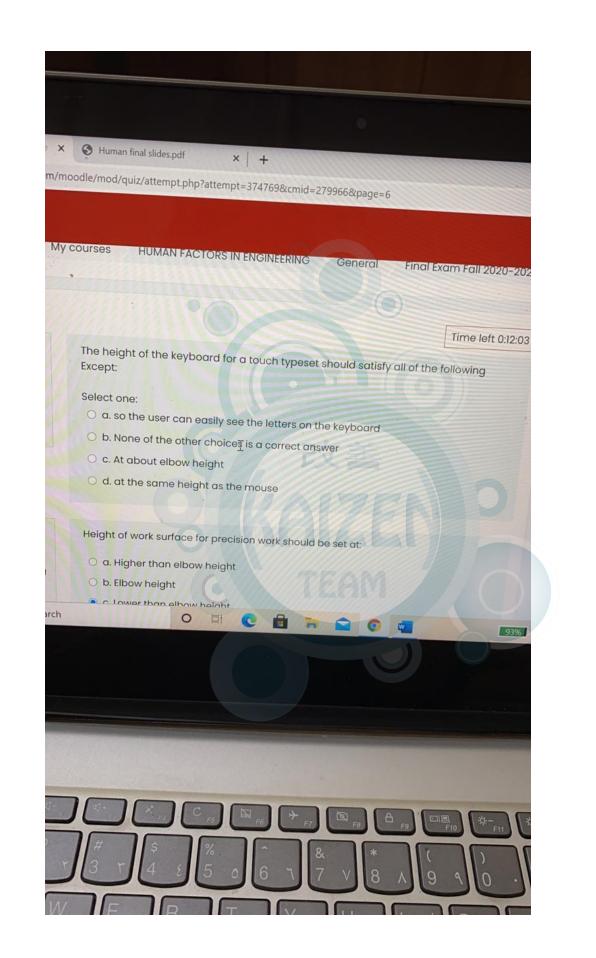


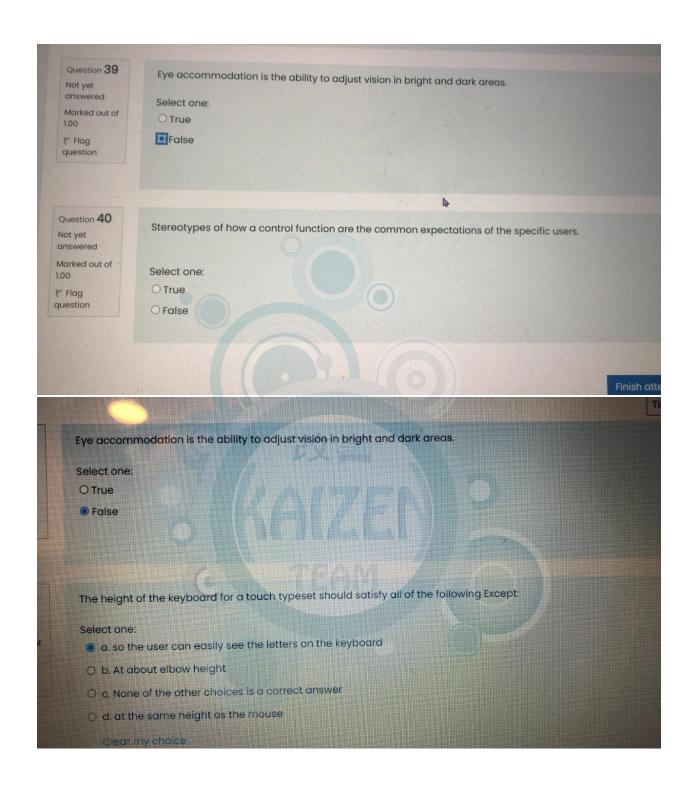
	Clear my choice
on 14	The height of the keyboard for a touch typeset should satisfy all of the following Except:
red	Select one:
d out of	O a. at the same height as the mouse
on .	O b. None of the other choices is a correct answer
	O c. so the user can easily see the letters on the keyboard
	O d. At about elbow height
on 15	Stress related individual factors include all of the following Except:
red	o a. Personality type
S	tress related individual factors include all of the following Except:
	and the following Except:
	a. Personality type
	O b. Having a support group
	C. Exercise and physical activity
	O d. Outlook on life and attitudes
	O e. None of the other choices is a correct answer.
	Luman a sur
	Humans are good at doing all of the following EXCEPT:





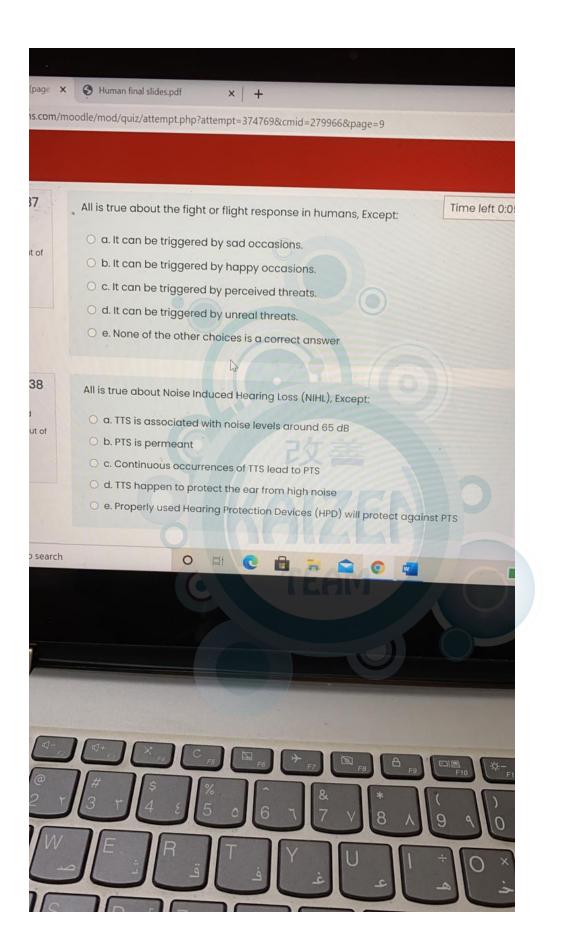






Coding controls to displays can be achieved through the following Except: a. Using same color for both b. Labeling c. Proximity and matching layout d. Visual ques such as a connecting line between display and control e. None of the other choices is a correct answer Clear my choice





All of the following are true about MVC, Except: Select one: a. It is static b. Can be endured for 2-3 seconds c. The maximum force one can exert at all times and conditions d. All other answer choices are true about MVC e. Require no motivation



