



VDT Workstation Training Questions

Your Name: _____

Today's Date: _____

After viewing the provided training materials (presentation and video), please answer the following questions in the spaces provided below. Please provide this completed document to Karen Stewart (kstewart@sjcme.edu) in Human Resources.

1.) Give a simple definition of ergonomics:

2.) Name some common health problems that are indicators of office hazards:

3.) Jobs involving prolonged periods of sitting or standing have just as high a risk of back pain as do jobs involving frequent or heavy lifting:

TRUE FALSE

4.) Ergonomic Risk Assessment is a three-step process. Can you name the three steps?

5.) There's no such thing as one correct posture as long as the basic criteria for correct posture are being met. You should naturally change your posture regularly to whatever feels comfortable for the task.

TRUE FALSE

6.) What is the minimum distance a monitor should be positioned from your face?

7.) Name three ways of redesigning the way you work to help reduce health and safety risks:

8.) Who is the Ergonomics Evaluator for Saint Joseph's College's (please provide the name)?

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