1. List and describe two basic ergonomics principles.

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2. List at least 3 signs and symptoms of musculoskeletal disorders
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________

3. Discuss reasons why early reporting of signs and symptoms is important.

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4. Musculoskeletal disorders account for 30% of all lost-workday injuries and illnesses. (Circle your Answer)(True/False)

   a) True
   b) False

5. When moving a large heavy animal from the floor to the exam table, describe at least one ergonomics hazard control strategy that can be used on the job to avoid injury and discuss why this strategy would be most beneficial.

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6. Propose an innovative ergonomic solution that is not currently in place on the job. Describe your solution and how it may be effective. (Use your imagination and be creative).
7. Name the ergonomics control strategy below (circle correct answer)?

- A. Engineering Control
- B. Administrative Control
- C. Work Practice Control

a) Discuss reasons why the above control can help prevent injury.

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8. Which of the below injury risk factors are present? Circle your answer.

- A. Contact stress
- B. Vibration
- C. Force
9. Which of the below injury risk factors are present? Circle your answer.

- Awkward posture
- Force
- Contact Stress

10. List the below ergonomics control used and discuss reasons why this principle can be useful in injury prevention.

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