



Test Format

Approx 60 questions


- True/False
- Multiple choice
- Fill in the blank


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Topics covered


- Book Chapters 2,13,10,3,7
- Lectures
 - Ergonomics
 - MSDs
 - Physical & Environmental Stressors
 - Anthropometry
 - Biomechanics
- HW 1, 2, 3, 4 and 5


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Ergonomics

- History and Origins
- Ergonomics and Human Factors
- Risk Factors
- Other Factors
- Ergonomic Controls
- Ergonomic Programs
- Problem solving process

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CTDs and MSDs

- Fatigue vs. recovery curve
- Types of MSDs
- Symptoms
- Causes
 - Pain/Strain/Sprain/Inflammation
 - Tendonitis/Epicondylitis
 - Bursitis
 - Nerve Compression
 - Blood Vessel Compression
 - Neuritis
 - Carpal Tunnel Syndrome
 - Cubital Tunnel Syndrome
 - Guyon Tunnel Syndrome
 - DeQuervain's Syndrome
 - Ganglion Cysts
 - Neck Tension Syndrome/Anterior Head
 - Pronator Teres
 - Thoracic Outlet Syndrome
 - Trigger Finger
 - Reynaud's Disease (White Finger)

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Physical & Environmental Stressors

- Lighting and color
 - Lighting design
 - Lamp types
 - Light Reflective Values (LVR)
 - 5's Factory
- Noise
 - Contributes to hearing loss
 - Noise levels
 - Interference
 - Approaches to reducing noise in the workplace
- Thermal conditions
 - Thermal Stressors
 - Thermal environments
 - Heat Stress
 - Cold Stress
 - Thermal Condition Assessment
 - Thermal Comfort Zone
 - Heat Stress Controls
 - Cold Stress Controls

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Physical & Environmental Stressors

- Vibration
 - Vibration Injuries
 - Vibration Measurement
 - Vibration Controls
- Ventilation
 - Ventilation rate
 - What are the effects of CO₂?
 - Measuring CO₂
 - Reducing CO₂

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Antropometry

- History and Origins
- Factor affecting anthropometry
- Work design or modification
- Designing for the maximum, the average, the minimum population or adjustable range.
- Expected value, percentiles, and all calculations
- Grip's types

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Biomechanics

- Definition
- Types of body movements
- Classes of movement
- Pressure
- Lever systems
- All calculations

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