Example: A common example of the contact method in everyday life is the use of a USB plug.

How it demonstrates the avoidance or identification of errors: The USB plug is designed in such a way that it can only be inserted into the USB port in one specific orientation. If you try to insert it upside down, it won't fit. This design prevents the error of inserting the USB plug incorrectly, which could potentially damage the USB port or the plug itself.

Rationale for believing that the example represents the contact method: The contact method of poka-yoke involves designing physical characteristics that prevent errors. In this case, the physical design of the USB plug and port prevents the error of incorrect insertion. The contact is between the USB plug and the USB port, and the design ensures that contact can only be made in the correct orientation. Therefore, this is a clear example of the contact method of poka-yoke.

Example: A common example of the constant method in everyday life is the use of a microwave oven.

How it demonstrates the avoidance or identification of errors: When you set the cooking time on a microwave oven, it runs for exactly that amount of time and then automatically shuts off. This prevents the error of overcooking or undercooking the food. It also prevents the potential safety hazard of leaving the microwave running for too long.

Rationale for believing that the example represents the constant method: The constant method of poka-yoke involves ensuring that a process always performs in the same manner or that it always produces the same result. In this case, the microwave oven always runs for the exact amount of time that you set, providing a consistent result every time. Therefore, this is a clear example of the constant method of poka-yoke.

Example: A common example of the motion-step method in everyday life is the use of an ATM (Automated Teller Machine).

How it demonstrates the avoidance or identification of errors: When you use an ATM, you have to follow a specific sequence of steps to withdraw money. For example, you first insert your card, then you enter your PIN, then you select the amount you want to withdraw, and finally you take your cash and card. If you try to skip a step or do them out of order, the ATM won't let you proceed. This prevents errors such as forgetting to take your card or cash.

Rationale for believing that the example represents the motion-step method: The motion-step method of poka-yoke involves ensuring that a sequence of steps is followed correctly. In this case, the ATM enforces the correct sequence of steps for withdrawing money. If a step is skipped or done out of order, the process cannot proceed. Therefore, this is a clear example of the motion-step method of poka-yoke.