

M506: ERGONOMICS ESSENTIALS

OVERNIGHT REVISION QUESTIONS – DAY 4

1. Why should seated and standing work be combined, rather than working only in standing, or only in sitting?
2. What are the ergonomic considerations for work chair comfort?
3. When designing or assessing a vehicle cab, what are the key aspects to consider?
4. What are the 3 key considerations in the design of a computer (VDT) workstation?
5. What are the preferred characteristics of computer equipment?
6. Controls and displays must be designed according to 6 key principles. What are they?
7. Information can be displayed in a variety of ways, name the 4 main categories, and provide examples.
8. Danger and information signals are a specific group of displays. Describe the characteristics of signals according to ISO 11429: 1996
9. Controls require careful design. What are the key issues to consider?
10. Computer software design is a specialised area of ergonomics. ISO 13407: 1999 outlines design principles to be utilised. What are these principles?
11. Describe visual acuity, what is the relevance of this to ageing?

12. What is the difference between Illuminance and Luminance? What are the measures for each?
13. When designing lighting for workplaces, what factors should be considered?
14. What is meant by 'nuisance' or 'distraction' noise? Why is it an important consideration in a workplace?
15. When is noise too much noise according to the HSE?
16. What are the 5 steps to controlling noise?
17. What are the 6 fundamental factors that define human thermal environments, and why are they important?
18. There are 2 types of vibration, whole-body (WBV) and hand-arm vibration (HAV). HAV can lead to damage to structures, and is known as hand-arm vibration syndrome (HAVS). What are the causes of HAVS, and give an example of a work task that may lead to this problem.
19. What are the causes of WBV, and how is it measured?
20. Personal protective equipment (PPE) should include ergonomics design principles. IS EN 13921:2007 outlines 8 key aspects. Outline these ergonomics considerations and explain why they are important.