

M506: ERGONOMICS ESSENTIALS

OVERNIGHT REVISION QUESTIONS – DAY 3

1. Describe the injury mechanisms of the spine.
2. Why are the factors of weight and load important considerations as risk factors for MSD?
3. Individual and job/task factors need to be considered when designing manual tasks. What specific factors should be addressed?
4. Outline the main approaches used in ergonomics assessment of MSD risk.
5. The HSE provides a 10 step approach to lifting and handling a load, what are they?
6. There are a range of different terms used for work-related upper limb musculoskeletal disorders (WRULDs), describe 4.
7. What are the known risk factors for WRULDs?
8. Describe the way in which the shoulder, forearm and hand work to facilitate functional hand movement.
9. Describe the precision and palmar grips and provide examples of functional tasks requiring these grips.
10. Describe the specific risk factors for the shoulder, and characteristics of tasks where these risk factors would occur.
11. Risk assessment techniques for WRULDs can be simple or complex. Provide an example of each type.

12. There are a number of possible control measures which can be implemented to prevent WRULDs, what are they?
13. Define a 'work system' as per ISO 6385.
14. There are 2 key issues to address when designing workspaces, describe each one and discuss relevance.
15. Industrial workshops have specific design issues. Provide some examples.
16. What factors should be included when designing workstations/console desks? Provide a rationale for each.
17. Describe the primary, secondary and tertiary work areas on horizontal work areas.
18. When designing or assessing tools, what aspects would an Ergonomist consider?
19. What particular consideration should be given to the forces required to use a tool?
20. Why should a tool be designed so that the hand is in a neutral position to hold and operate?