

## **M506: ERGONOMICS ESSENTIALS**

### **OVERNIGHT REVISION QUESTIONS – DAY 1**

1. Ergonomics is also known as human factors and is primarily concerned with?
2. What human characteristics are considered in ergonomics?
3. Define “human error”
4. What is the difference between an ‘active’ and ‘latent’ failure?
5. Describe the organisational and individual factors which can cause errors.
6. Describe the basic components of the musculoskeletal system
7. What is meant by the terms ‘static’ and ‘dynamic’ posture?
8. Describe a first, second and third order lever, and provide examples of each.
9. Anthropometric data describes population distributions of physical characteristics. How is it used in ergonomics?
10. What physiological characteristics should be considered in ergonomics and why?
11. Describe the pathway for information processing and cognition. How do you ensure efficient processing of information?
12. Humans perceive risk in different ways, what are the factors lowering risk perception?
13. Explain the Signal Detection Theory
14. Explain ‘vigilance’ and provide examples of tasks where vigilance is required

15. Signal detection is enhanced by?
16. Describe the causes of 'work stress'
17. What are the recommended regimes of sleep in a day, week and month?
18. What are the key elements to successful change management?
19. Explain the term ODAM and outline its importance
20. The International Ergonomics Association (IEA) has technical committees working on issues such as?