

Domain 3 – ergonomics



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Define ergonomics Is the study and practice of designing products, systems or processes to take proper account of the interaction between them and the people who use them. What does the acronym RULA stand for? Rapid Upper Limb Assessment

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ONLY\$13. 90/PAGEOrder NowWhat does the acronym REBA stand for? Rapid

Entire Body AssessmentDefine anthropometryAnthropometry is the science of measuring the human body. What are two forms of anthropometric data?

1. Static - standing height, sitting height, length, breadth, depth of body segments, etc.

2. Dynamic/functional - reach, range of motion, force generated by hands , etc. Computer monitor center should normally be located how many degrees

below horizontal eye level? 15-20 degreesUsing anthropometry - doorways

should be designed to what percentile male? 95th percentile maleUsing

anthropometry - reach should be designed for what percentile female? 5th

percentileIf a message requires immediate action, which type of display is

preferred (visual or auditory)? AuditoryComplex messages are better relayed

through which display method (visual or auditory)? VisualUsing the NIOSH

equation you find that one job has a lifting index of 1. 4 and another that has

0. 8. For which job would you recommend h ergonomic redesign? The job

that has a lifting index of 1. 4. What is the maximum possible recommended

weight limit when using the NIOSH equation (hint: load constant)? 23 kg or

51 lbTrue or False: In RULA and REBA ergonomic assessments, the lower

score, lower the MSD risk? TrueComputer Workstation: Elbows stay in close

to the body and are bent between ____ and ____ degrees. 90 and 120

degreesGive at least 5 risk factors for developing MSDsAwkward Posture,

Static Posture, Force, Duration, Repetition, Contact Pressure, Vibration, etc.

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List three possible administrative controls for manual material handling?-

Alternate heavy tasks with light tasks.

- Provide variety in jobs to eliminate or reduce repetition (i. e., overuse of the same muscle groups).
- Adjust work schedules, work pace, or work practices.
- Provide recovery time (e. g., short rest breaks).
- Modify work practices so that workers perform work within their power zone (i. e., above the knees, below the shoulders, and close to the body).
- Rotate workers through jobs that use different muscles, body parts, or postures.