



UCP of Maine

VDT Competency Quiz

1.) Give a simple definition of ergonomics:

2.) Name some common health problems that are indicators of office hazards:

3.) Jobs involving prolonged periods of sitting or standing have just as high a risk of back pain as do jobs involving frequent or heavy lifting:

TRUE | **FALSE**

4.) Ergonomic Risk Assessment is a three-step process. Can you name the three steps?

5.) The Workplace Inspection is a commonly used method to help identify existing or potential hazards in the office. Can you name another two methods?

6.) There's no such thing as one correct posture as long as the basic criteria for correct posture are being met. You should naturally change your posture regularly to whatever feels comfortable for the task.

TRUE | **FALSE**

7.) What is the minimum distance a monitor should be positioned from your face?

8.) Name three ways of redesigning the way you work to help reduce health and safety risks:

9.) Who in your organization is your health and safety representative?

Name (Printed): _____ Date: _____