**Ergonomics Quiz**

1. The WorkSafeBC OHS Regulation calls for the JHS Committee to be consulted on Ergonomics.

 True  False

1. Identify one responsibility a Supervisor has within the Ergonomics Program.

1. Identify one responsibility a Worker has within the Ergonomics Program.

4. What is one sign of musculoskeletal injury (MSI)?

5. What is one symptom of musculoskeletal injury (MSI)?

**Ergonomics Answer Guide**

1. The WorkSafeBC OHS Regulation calls for the JHC Committee to be consulted on several issues.

True

1. Identify one responsibility a Supervisor has within the Ergonomics Program.

Any one (including variations) of:

* Ensure that workers who may be at risk of exposure to MSI are educated in risk identification related to their work, including the recognition of early signs and symptoms of musculoskeletal injuries and their potential health effects.
* Ensure that workers are not assigned to activities where a reported or observed physical impairment may create an undue risk to the worker or anyone else.
* Ensure that a worker to be assigned to work that requires specific measures to control the risk of exposure to MSI is trained in the use of those measures.
* Ensure that workers are instructed in the correct use, maintenance and limitations of personal protective equipment used for reducing risk of exposure to MSI.
* Investigate, in cooperation with the JHS Committee or Worker Health and Safety Representative, as applicable, reports of signs and/or symptoms of MSI related to work practices.

1. Identify one responsibility a Worker has within the Ergonomics Program.

Any one (including variations) of:

* Set up his/her computer workstation so that it is ergonomically appropriate to the work.
* Report signs and symptoms of MSI that are suspected of being related to work practices.
* Report any physical impairment to his/her supervisor if it may affect his/her ability to safely perform assigned work.

1. What is one sign of musculoskeletal injury (MSI)?

Any one (including variations) of:

* Swelling
* Redness
* Skin colour change

1. What is one symptom musculoskeletal injury (MSI)?

Any one (including variations) of:

* Pain
* Joint stiffness
* Muscle tightness
* Muscle weakness
* A feeling of “pins and needles”
* Numbness
* A general feeling of tiredness
* A burning feeling