



CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



COMPUTER ERGONOMICS AWARENESS SAFETY QUIZ

1. The mouse should be located adjacent to the _____ on the same surface.
 - a. Monitor.
 - b. Printer.
 - c. Computer.
 - d. Keyboard.
 - e. All of the above.
2. Position the computer monitor so it is at a distance of about _____ from the user.
 - a. 24 meters.
 - b. 12 inches.
 - c. 24 inches.
 - d. 12 centimeters.
 - e. 12 meters.
3. While typing, _____ should be relaxed.
 - a. Hands.
 - b. Shoulders.
 - c. Wrists.
 - d. Fingers.
 - e. All of the above.
4. The bottom of the user's elbows should be at the same _____ as the keyboard.
 - a. Distance.
 - b. Proportion.
 - c. Proximity.
 - d. Interval.
 - e. Height.
5. Sit straight with the lower back _____ supported against the backrest.
 - a. Snugly.
 - b. Firmly.
 - c. Purposefully.
 - d. Securely.
 - e. Gratefully.

Answers: 1.d, 2.c, 3.e, 4.e, 5.b.