

Name: _____

Grade: _____

Ergonomics- Worksheet

Instructions: Answer all of the questions in the spaces provided.

1. Define the term Ergonomics [2 pt.]

2. What does the acronym RSI stand for? [1 pt.]

3. Name the three *computer related disorders*. [3 pts]

4. State TWO (2) things persons can do to *prevent* themselves from developing RSI [2 pts]

5. Based upon the picture shown below; state three (3) things the man is doing incorrectly **and** say what you could do to help him practice proper ergonomics. [6pts]



a) _____

b) _____

c) _____