

# Ergonomics Associate Practice Test Questions and Answers

**1. What is the recommended monitor distance for computer workstations?**

- A) 12-18 inches
- B) 20-26 inches
- C) 30-36 inches
- D) 40-48 inches

**2. Which angle should the elbow maintain while typing?**

- A) 45-60 degrees
- B) 90-110 degrees
- C) 120-130 degrees
- D) 135-150 degrees

**3. What is the primary cause of repetitive strain injuries (RSI)?**

- A) Poor lighting
- B) Inadequate ventilation
- C) Repetitive motions and awkward postures
- D) Excessive noise levels

**4. What is the recommended maximum weight for manual lifting without mechanical assistance?**

- A) 23 pounds
- B) 50 pounds
- C) 75 pounds
- D) 100 pounds

Answers: 1-B 2-B 3-C 4-B

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