

OSHA INTERVIEW QUESTIONS - ERGONOMIC

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1. What is the primary advantage of using task lighting with adjustable arms in a work area?

- A. Increases overall ambient light level.
- B. Reduces awkward neck and back posture to view the work.
- C. Eliminates the need for anti-glare screens.
- D. Minimizes the risk of electrical shock.

Correct Answer: B

2. Point-of-Use Tool Boards and Rigging Racks are designed to position work primarily between which two body areas?

- A. Head and waist.
- B. Knees and shoulders.
- C. Ankles and hips.
- D. Chest and forehead.

Correct Answer: B

3. When using standing platforms for overhead work, what is the preferred height range for employees to work with their hands?

- A. Below waist height.
- B. Between waist and shoulder height.
- C. Above shoulder height.
- D. At floor level.

Correct Answer: B

4. When transporting loads with carts or hand trucks, which action is generally preferred to minimize ergonomic strain on the back and joints?

- A. Pulling the load.
- B. Twisting the torso while moving the load.
- C. Pushing the load.
- D. Lifting the load manually.

Correct Answer: C

5. For frequent or distant movement of materials, what type of wheeled device is explicitly preferred according to OSHA guidelines?

- A. Heavy-duty two-wheeled dollies.
- B. Motorized pallet jacks.
- C. Carts with small diameter wheels.
- D. Fixed-wheel hand trucks.

Correct Answer: B

6. When transporting a cart for longer distances, which wheel configuration is recommended for easier pushing?

- A. Swivel wheels on both the front and rear.
- B. Fixed wheels on both the front and rear.
- C. Swivel wheels on the rear and fixed wheels on the front.
- D. Large diameter wheels on the front and small on the rear.

Correct Answer: C

7. An advantage of using Drum Movers/Tilters is that they eliminate manual lifting and tilting, which also helps to reduce what chemical-related risk?

- A. The need for secondary containment.
- B. Potential for accidental contact with chemicals.
- C. Noise exposure during handling.
- D. The overall storage capacity of drums.

Correct Answer: B

8. Before the installation of an Overhead Crane, what operational factor must be considered to optimize workflow and safety?

- A. The power source voltage requirement.
- B. The required color coding of the crane.
- C. The movement pattern for material flow.
- D. The required operator licensing board.

Correct Answer: C

9. What is the typical maximum reach capability of most Jib Cranes, as stated in the guidelines?

- A. Up to 5 feet.
- B. Up to 10 feet.

- C. Up to 20 feet.
- D. Up to 50 feet.

Correct Answer: C

10. Hoists and Balancers are portable lifting devices. What key advantage do they offer in work areas without a fixed crane system?

- A. They can lift an unlimited weight.
- B. They are easy to set up at locations where a crane is not installed.
- C. They eliminate the need for load-weight rating checks.
- D. They are powered exclusively by spring-loaded mechanisms.

Correct Answer: B

11. For manual conveyors, at what height are objects easiest to push or slide?

- A. At floor level.
- B. Significantly above shoulder height.
- C. At or slightly below waist height.
- D. Above chest height.

Correct Answer: C

12. What key safety hazard must employees be aware of when using conveyors and roller ball surfaces?

- A. Fire hazards due to friction.
- B. Pinch hazards at moving points.
- C. Glare hazards from metal surfaces.
- D. Trip hazards from uneven rollers.

Correct Answer: B

13. When storing items in Moveable Containers, where should materials be kept whenever possible to follow ergonomic principles?

- A. At floor level.
- B. Above the worker's head.
- C. Between knee and shoulder height.
- D. Outside of the container.

Correct Answer: C

14. What specific ergonomic risk is reduced by the use of an Automatic Hose Roller, in addition to lowering pushing and pulling forces?

- A. Vibration exposure from the motor.
- B. The need for repetitive motions (coiling).
- C. Contact stress from gripping the hose.
- D. Awkward sitting postures during use.

Correct Answer: B

15. Overhead Hose, Cord, and Cable Management Systems primarily prevent what common workplace hazard?

- A. Loud noise exposure from air lines.
- B. Exposure to chemical fumes from leaks.
- C. Trip hazards by keeping hoses and cords off the ground.
- D. Fire hazards in the event of an electrical short.

Correct Answer: C

16. What maintenance action is necessary to minimize the forces needed to position, turn, or rotate objects on a workbench using Turning and Rotating Devices?

- A. Cleaning them once per year.
- B. Applying a coat of paint annually.
- C. Regular maintenance of the mechanism.
- D. Lubricating the pneumatic foot-operated mechanism only.

Correct Answer: C

17. The use of Racks and Shelves that position materials between knee and shoulder height primarily achieves what ergonomic goal?

- A. To increase walking distance.
- B. Reduce manual material handling effort.
- C. To improve overall floor lighting.
- D. To enforce a two-person lift rule.

Correct Answer: B

18. What is the primary ergonomic goal of using Material Positioners and height-adjustable work surfaces?

- A. To increase work speed.
- B. To allow employees to work in a neutral posture.
- C. To reduce the material's weight.
- D. To implement a pulley system.

Correct Answer: B

19. What is the main ergonomic risk associated with a welding unit that lacks an attached fixture or handle?

- A. It will require a crane for all movements.
- B. The need for manual lifting and carrying of the unit.
- C. The unit will overheat quickly.
- D. It cannot be used for welding effectively.

Correct Answer: B

20. Why are Synthetic Lines considered an ergonomic advantage over traditional steel lines in lifting operations?

- A. They are fire-resistant.
- B. They are up to 75% lighter than steel lines.
- C. They do not require a load weight rating.
- D. They are more durable than steel lines.

Correct Answer: B

21. When moving materials using a Stack Blower on Wheels, which combination of action and wheel feature is recommended to reduce required forces?

- A. Pulling is preferred; handles at waist height reduce pulling forces.
- B. Pushing is preferred; using fixed-diameter wheels reduces forces.
- C. Pulling is preferred; using smaller diameter wheels reduces forces.
- D. Pushing is preferred; larger diameter wheels reduce pushing forces.

Correct Answer: D

22. Tool Extension Handles provide the ergonomic advantage of allowing the operator to work in what position instead of low-level, awkward ones?

- A. Kneeling on a creeper.
- B. Crouching to reach low areas.
- C. Standing upright instead of kneeling or crouching.
- D. Sitting at a workbench.

Correct Answer: C

23. What is a potential safety or compliance consequence of improperly altering an electric tool by attaching an extension handle?

- A. It will definitely reduce tool vibration.
- B. It is required by OSHA for all heavy tools.

- C. It may violate the manufacturer's warranty and the National Electrical Code.
- D. It may require an additional tool balancer.

Correct Answer: C

24. If lighter tools are not available to reduce the force required to hold heavier tools, what alternative ergonomic device is suggested?

- A. A second person to assist.
- B. More frequent breaks.
- C. Tool balancers.
- D. Anti-vibration gloves.

Correct Answer: C

25. What is considered a major contributor to vibration in tools like grinders and sanders?

- A. High air pressure setting.
- B. Out-of-balance or off-center grinding wheels, pads, and spindles.
- C. Using the tool for less than one hour.
- D. The operator wearing a glove.

Correct Answer: B

26. What is the recommended grip technique when using vibrating tools to minimize the effects of vibration transmission to the hands?

- A. Grip the tool as tightly as possible.
- B. Grip the tool as lightly as possible while maintaining control.
- C. Use two hands at all times.
- D. Wear thick leather gloves.

Correct Answer: B

27. How does the use of Robotic Welders primarily improve occupational ergonomics?

- A. By increasing the welding speed.
- B. They reduce the amount of required PPE.
- C. They reduce fatigue from prolonged or awkward welding positions.
- D. They eliminate the need for ventilation systems.

Correct Answer: C

28. Electromagnetic and Air Presses are primarily used in welding operations for what purpose?

- A. To cool down the metal plates.

- B. To hold parts in place and reduce the need for manual clamping.
- C. To provide local exhaust ventilation.
- D. To apply the final weld coating.

Correct Answer: B

29. What specific application are Electromagnetic and Air Presses mentioned as being useful for?

- A. Fillet welding on vertical surfaces.
- B. Welding long seams on butted metal plates.
- C. Spot welding small components.
- D. Overhead welding in confined spaces.

Correct Answer: B

30. The use of a Support Bar when working with long pieces of steel is intended to reduce what kind of ergonomic strain?

- A. Vibration exposure.
- B. Static exertions and awkward postures.
- C. Contact stress on the elbows.
- D. The risk of chemical exposure.

Correct Answer: B

31. A Dry Dock Centering Device, which uses a mechanized reel system, is designed to reduce what specific force in vessel positioning?

- A. Extreme pulling forces required to manually position a vessel.
- B. Vibration forces on the dry dock.
- C. The lifting force of the crane.
- D. The static weight of the dry dock.

Correct Answer: A

32. Why are adjustable stools and creepers preferred ergonomic equipment for shipside work?

- A. They are lighter weight than typical furniture.
- B. They provide support in the right position for hard-to-reach areas.
- C. They are cheaper to acquire and maintain.
- D. They do not require maintenance.

Correct Answer: B

33. What crucial safety feature is recommended for stools and creepers to prevent unexpected movement during use?

- A. An audible alarm when weight is applied.
- B. Bright color visibility.
- C. Locking the casters.
- D. A safety harness attachment.

Correct Answer: C

34. What is the main ergonomic advantage of using a Gas Line Connector Rack?

- A. It eliminates the need for a crane.
- B. It reduces the frequency of manual handling of heavy individual gas tanks.
- C. It monitors gas line pressure continuously.
- D. It makes gas lines operate quieter.

Correct Answer: B

35. What is a Davit Crane's main function in the shipyard setting?

- A. To provide emergency lighting.
- B. To move heavy items onto or off of vessels.
- C. To measure the ship's draft.
- D. To operate pneumatic tools.

Correct Answer: B

36. What key consideration about fit is critical for anti-vibration gloves to achieve their ergonomic benefit?

- A. They must be waterproof.
- B. They must be full-finger only.
- C. Optimal fit is essential to reduce unnecessary fatigue and gripping force.
- D. They must have a bright orange color.

Correct Answer: C

37. Why should anti-vibration gloves not dramatically increase the grip diameter of the tool handle?

- A. They would require specialized cleaning.
- B. An increased grip diameter requires greater muscle force and can cause fatigue.
- C. They would violate the OSHA standard for hand protection.
- D. They would be too difficult to store.

Correct Answer: B

38. Which type of anti-vibration glove is stated to provide the maximum protection from hand-arm vibration?

- A. A waterproof membrane glove.
- B. Thick padding only on the palm.
- C. A wrist strap attached glove.
- D. Full finger gloves.

Correct Answer: D

39. When selecting Elbow Pads, what is the key consideration regarding arm circulation?

- A. They should be machine washable.
- B. They must fit loosely to allow free movement.
- C. They should fit snugly but must not compromise circulation in the arm.
- D. They should always be fire-resistant.

Correct Answer: C

40. What physiological condition is most likely to make a worker's hands more vulnerable to the damaging effects of vibration?

- A. Wearing anti-vibration gloves.
- B. Having cold hands.
- C. Working in a brightly lit environment.
- D. Having a large grip diameter.

Correct Answer: B

41. Shoulder Pads should be used only when which primary ergonomic material transport option is unavailable?

- A. The worker is fully trained.
- B. An item cannot be transported with a cart or other transport device.
- C. The object weighs less than 10 pounds.
- D. The object is made of metal.

Correct Answer: B

42. The use of Kneeling Supports is specifically intended to prevent what, which can cause knee strains?

- A. Ankle sprains.
- B. The knee from bending too far and reduce pressure within the knee.
- C. Elbow contact stress.

D. Wrist tendonitis.

Correct Answer: B

43. Which type of kneepads must be selected when the worker is performing 'hot work' such as welding or cutting?

- A. Waterproof pads.
- B. Pads with foam cushioning.
- C. Pads with adjustable straps.
- D. Fire-resistant pads.

Correct Answer: D

44. Contact stress on the bones and soft tissues of the knees, caused by kneeling, can lead to which two physiological issues?

- A. Increased strength and flexibility.
- B. Reduced circulation and pinched nerves.
- C. High blood pressure and muscle atrophy.
- D. Rapid healing and skin irritation.

Correct Answer: B

45. What design modification is recommended for work surfaces to minimize the need for the worker to kneel?

- A. Work surfaces should be made waterproof.
- B. Work surfaces should be raised.
- C. Work surfaces should be made shorter.
- D. Work surfaces should be cushioned.

Correct Answer: B

46. When moving heavy or awkward materials, what is the main advantage Carts and Hand Trucks offer besides reducing required forces?

- A. Allow materials to be moved without manual carrying.
- B. They can be used for overhead lifting.
- C. They prevent chemical spills.
- D. They automatically adjust the load height.

Correct Answer: A

47. By providing easy access to tools and materials, Point-of-Use Tool Boards reduce which common type of waste in the workplace?

- A. Wasted material due to errors.
- B. Wasted time to untangle parts.
- C. Wasted energy from poor lighting.
- D. Wasted space in the workshop.

Correct Answer: B

48. What is the primary function of Tool Balancers regarding tool use?

- A. To measure the tool's usage time.
- B. To reduce the tool's noise level.
- C. To reduce hand and shoulder muscle fatigue caused by holding a tool for a prolonged time.
- D. To balance the electrical load.

Correct Answer: C

49. When using a Large Hose Reel, what environmental factor is specifically noted as possibly making the reel more difficult to turn?

- A. High ambient temperatures.
- B. Saltwater and moisture.
- C. Low humidity.
- D. Windy conditions.

Correct Answer: B

50. When using a Tractor and Trailer to transport materials to the dock, what critical safety point must be remembered regarding the load?

- A. Ensure the trailer has a loud horn.
- B. Ensure the tractor has anti-vibration seats.
- C. Ensure the tires are inflated to maximum pressure.
- D. Ensure items are secure and balanced on the trailer to avoid shifting or tipping.

Correct Answer: D
