

OSHA INTERVIEW QUESTIONS - ERGONOMIC

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1. The use of Standing Platforms primarily provides more stability for the body, which helps to reduce what?

- A. The distance materials must be carried.
- B. Fatigue from awkward, bent postures.
- C. The amount of ambient light needed.
- D. The vibration transmitted from tools.

Correct Answer: B

2. When using an adjustable workbench, what should be the primary consideration for setting the optimal height for seated work?

- A. The height of the floor.
- B. The height of the work surface to elbow height.
- C. The employee's preferred color.
- D. The depth of the materials being handled.

Correct Answer: B

3. What is a key advantage of using Tilt Tables to position materials for a worker?

- A. They eliminate the need for a safety harness.
- B. They allow the worker to maintain a neutral wrist posture.
- C. They reduce the material's weight.
- D. They increase the total floor space available.

Correct Answer: B

4. Lift Tables and Hydraulic Carts are specifically designed to keep the working surface of material at what height?

- A. Above the worker's head.
- B. Between the knee and the waist.
- C. Near the elbow height of the worker.
- D. At floor level.

Correct Answer: C

5. When an employee is working on a Lift Table, what is a necessary safety precaution regarding foot placement?

- A. One foot should always be on the floor.
- B. A safety shoe must be worn.
- C. Never stand on the lift table.
- D. The worker should stand on a rubber mat.

Correct Answer: C

6. Which lifting device is recommended for lifting heavy items from floor level?

- A. A manual pallet jack.
- B. A motorized gantry crane.
- C. A stacker or hoist.
- D. A basic fixed-wheel cart.

Correct Answer: C

7. What is an important consideration when selecting the casters (wheels) for Carts and Hand Trucks?

- A. They should be made of plastic.
- B. They should be large in diameter.
- C. They should be small in diameter.
- D. They should all be fixed wheels.

Correct Answer: B

8. What is the primary way that Dolly and Skates reduce ergonomic risk?

- A. They eliminate the need for PPE.
- B. They reduce the amount of walking required.
- C. They allow workers to move heavy/awkward loads without carrying.
- D. They provide anti-vibration cushioning.

Correct Answer: C

9. When using an electric Drum Handler, what specific safety precaution must be observed, especially around hazardous materials?

- A. Always use it in a low-light area.
- B. Ensure it has an explosion-proof or intrinsic safety rating.
- C. It must only be operated by a supervisor.
- D. Ensure it is painted bright yellow.

Correct Answer: B

10. What is the advantage of a Floor-Based Jib Crane compared to a fixed overhead crane?

- A. It has a larger weight capacity.
- B. It can be moved easily to multiple locations.
- C. It requires less maintenance.
- D. It eliminates the need for any operator training.

Correct Answer: B

11. What type of lifting device is described as being used for 'precision material handling' in tight spaces?

- A. A motorized pallet jack.
- B. A heavy-duty gantry crane.
- C. A portable hoist or balancer.
- D. A standard manual hand truck.

Correct Answer: C

12. What is the main ergonomic benefit of using a Spring-Loaded or Hydraulic Pallet Positioner when loading/unloading materials?

- A. It reduces the overall pallet weight.
- B. It eliminates bending and reaching by keeping the load at an ideal height.
- C. It prevents noise exposure.
- D. It makes the pallet waterproof.

Correct Answer: B

13. When using manual conveyors, objects are easiest to push or slide when they are at or slightly below what body landmark?

- A. The worker's eyes.
- B. The worker's hips.
- C. The worker's waist.
- D. The worker's shoulders.

Correct Answer: C

14. How does the use of Roller Ball Surfaces reduce the ergonomic risk during material handling?

- A. It requires the worker to pull the load.
- B. It reduces the friction to move the material in any direction.

- C. It eliminates the need for proper lighting.
- D. It increases the size of the material.

Correct Answer: B

15. Which of the following is an ergonomic advantage of using an Automatic Hose Roller?

- A. It increases the water pressure.
- B. It reduces awkward postures and repetitive motion from manual coiling.
- C. It eliminates the need for safety gloves.
- D. It makes the hose fireproof.

Correct Answer: B

16. The primary advantage of Overhead Hose, Cord, and Cable Management Systems is the elimination of trip hazards and what else?

- A. It reduces damage to hoses/cables from floor traffic.
- B. It cools the air in the workshop.
- C. It provides a mobile tool platform.
- D. It makes the air lines quieter.

Correct Answer: A

17. What is the primary function of Turning and Rotating Devices (e.g., turntables, positioners) in an ergonomic setup?

- A. To enforce a limited work area.
- B. To allow the operator to change the orientation of the work without moving their feet.
- C. To provide a high-power electrical source.
- D. To measure the material's temperature.

Correct Answer: B

18. Racks and Shelves should be designed so that materials are stored between which body heights to reduce excessive reaching and bending?

- A. Floor and ankle height.
- B. Shoulder and head height.
- C. Knee and shoulder height.
- D. Head and ceiling height.

Correct Answer: C

19. What specific design feature of a welding unit makes it possible to eliminate the need for manual lifting for movement?

- A. A high amperage setting.
- B. The inclusion of an attached fixture/handle for a hoist.
- C. A large cooling fan.
- D. A digital control panel.

Correct Answer: B

20. What is the main safety risk when using Synthetic Lines in proximity to welding operations?

- A. The line may break under a light load.
- B. The line may be vulnerable to damage from heat or sparks.
- C. The line will be too heavy to handle.
- D. The line will cause the load to swing excessively.

Correct Answer: B

21. When using a Stack Blower on Wheels, the use of large diameter wheels is recommended because they specifically reduce what?

- A. The noise level.
- B. The required pushing and pulling forces.
- C. The chance of electrocution.
- D. The amount of dust generated.

Correct Answer: B

22. In addition to eliminating kneeling and crouching, what is a key ergonomic benefit of using Tool Extension Handles?

- A. They increase tool vibration.
- B. They allow the worker to apply force closer to the work.
- C. They reduce the overall weight of the tool.
- D. They make the tool fire-resistant.

Correct Answer: B

23. Why is proper maintenance of the tool handle important when using an extension handle?

- A. To ensure the tool does not overheat.
- B. To ensure the connection is secure and does not compromise tool integrity.
- C. To increase the tool's power.
- D. To reduce the tool's electrical consumption.

Correct Answer: B

24. Tool Balancers reduce fatigue by performing which primary function?

- A. Storing the tool's components.
- B. Neutralizing the tool's weight.
- C. Measuring the tool's rotational speed.
- D. Filtering the tool's exhaust.

Correct Answer: B

25. What is a consequence of an out-of-balance grinding wheel or spindle on a power tool?

- A. It increases the tool's speed.
- B. It greatly contributes to tool vibration.
- C. It reduces the tool's weight.
- D. It makes the tool quieter.

Correct Answer: B

26. What is the recommended method for reducing vibration transmission when using a vibrating tool?

- A. Use the lightest possible grip while maintaining control.
- B. Use a vise to secure the tool.
- C. Place a heavy weight on the tool.
- D. Use the heaviest possible grip.

Correct Answer: A

27. What is the main ergonomic risk mitigated by the use of Robotic Welders in a production environment?

- A. Exposure to high-voltage electricity.
- B. Exposure to chemical solvents.
- C. Fatigue from prolonged manual welding in awkward positions.
- D. The risk of slips, trips, and falls.

Correct Answer: C

28. In welding, Electromagnetic and Air Presses reduce the need for manual clamping, thereby reducing which type of ergonomic risk?

- A. Vibration exposure.
- B. Forceful exertions and awkward postures.
- C. Exposure to UV radiation.
- D. Noise exposure.

Correct Answer: B

29. What is the primary benefit of using a Support Bar when handling long pieces of steel for welding or cutting?

- A. It makes the steel lighter.
- B. It eliminates the need to manually support the steel (static exertion).
- C. It provides a shield from welding flash.
- D. It measures the length of the steel.

Correct Answer: B

30. The Dry Dock Centering Device uses a mechanized reel system to achieve what ergonomic improvement?

- A. It makes the ship cleaner.
- B. It eliminates the extreme manual pulling forces needed to position a vessel.
- C. It monitors the vessel's internal systems.
- D. It provides a fixed work platform.

Correct Answer: B

31. Adjustable stools and creepers are effective for shipside work because they allow the worker to maintain what?

- A. A high-speed work pace.
- B. A neutral and supported posture in tight or low spaces.
- C. A comfortable temperature.
- D. A long-distance view of the work.

Correct Answer: B

32. When selecting stools and creepers for a work area, why is the recommendation to use models with locking casters critical?

- A. To increase the total weight capacity.
- B. To prevent unexpected movement that could lead to injury.
- C. To make them easy to clean.
- D. To allow the seat height to be adjusted.

Correct Answer: B

33. The primary advantage of a Gas Line Connector Rack is that it reduces the need to manually handle what heavy items?

- A. Welding torches.
- B. Individual gas tanks.
- C. Metal plates.

D. Ventilation hoses.

Correct Answer: B

34. What is the main function of a Davit Crane in a shipyard, and why is this an ergonomic improvement?

- A. It provides light; reducing eye strain.
- B. It lifts heavy items; eliminating manual lifting.
- C. It pumps water; improving drainage.
- D. It measures humidity; ensuring air quality.

Correct Answer: B

35. What is a key ergonomic factor regarding the fit of anti-vibration gloves to prevent secondary fatigue?

- A. They must be painted a bright color.
- B. They must fit optimally to avoid increasing gripping force.
- C. They must be fire-resistant in all cases.
- D. They must have padding only on the back of the hand.

Correct Answer: B

36. Why should anti-vibration gloves be chosen to avoid a dramatic increase in the grip diameter of the tool?

- A. A larger diameter makes the tool less durable.
- B. A larger diameter requires greater muscle force from the hand, causing fatigue.
- C. A larger diameter increases the tool's vibration output.
- D. A larger diameter is not permitted by fire code.

Correct Answer: B

37. To minimize the effects of hand-arm vibration, the padding on anti-vibration gloves should be placed where?

- A. On the wrist and forearm only.
- B. On the fingertips only.
- C. On the full palm and fingers.
- D. On the back of the hand only.

Correct Answer: C

38. When selecting Elbow Pads, they must fit snugly to provide protection, but what condition must they avoid causing?

- A. Skin rash.
- B. A strong smell.
- C. Compromised circulation.
- D. Increased arm temperature.

Correct Answer: C

39. What environmental factor is known to increase a worker's vulnerability to the effects of hand-arm vibration?

- A. Working in a high-glare area.
- B. Working with cold hands.
- C. Working in a low-light area.
- D. Working with a large group of people.

Correct Answer: B

40. Shoulder Pads should be used as an option only when what is impossible?

- A. The worker has no previous injuries.
- B. The object can be lifted by two people.
- C. The item cannot be transported by a cart or crane.
- D. The item is lightweight.

Correct Answer: C

41. Kneeling Supports are devices that distribute weight and primarily reduce what two risks?

- A. Vibration and noise exposure.
- B. Pressure within the knee and excessive knee bending (strain).
- C. Static electricity and glare.
- D. Heat exposure and chemical contact.

Correct Answer: B

42. What type of kneepads must be specifically selected for work areas involving welding or cutting operations?

- A. Foam-only pads.
- B. Pads with plastic shells.
- C. Fire-resistant pads.
- D. Waterproof pads.

Correct Answer: C

43. What is the physiological consequence of contact stress on the soft tissues of the knee from prolonged kneeling?

- A. Increased muscle growth.
- B. Reduced circulation and pinched nerves.
- C. Faster recovery from injury.
- D. Reduced heart rate.

Correct Answer: B

44. The ergonomic recommendation to raise work surfaces whenever possible is intended to minimize the need for what specific posture?

- A. Standing.
- B. Reaching overhead.
- C. Kneeling.
- D. Twisting the torso.

Correct Answer: C

45. What is an ergonomic advantage of Carts and Hand Trucks when moving heavy materials?

- A. They eliminate the need for load securement.
- B. They allow workers to keep a neutral posture by avoiding manual carrying.
- C. They can lift materials to high shelves.
- D. They are exempt from inspection requirements.

Correct Answer: B

46. Point-of-Use Tool Boards reduce wasted time by providing easy access and preventing which tool-related issue?

- A. Tool breakage.
- B. Parts and tools becoming tangled.
- C. Tool theft.
- D. Tool obsolescence.

Correct Answer: B

47. How do Tool Balancers aid in reducing potential injury risk?

- A. They enforce the use of safety glasses.
- B. They reduce the static load on the worker's hands and shoulders.
- C. They monitor the tool's power usage.
- D. They ensure the tool is always clean.

Correct Answer: B

48. What is a consequence if a Large Hose Reel is not regularly maintained, especially in environments with saltwater and moisture?

- A. The hose will become stiff.
- B. The reel will require greater force to turn.
- C. The water pressure will increase.
- D. The color of the reel will fade.

Correct Answer: B

49. When using a Tractor and Trailer for material transport, balancing and securing items on the trailer prevents what safety hazard?

- A. Excessive speed.
- B. Shifting or tipping of the load.
- C. Engine overheating.
- D. Low fuel consumption.

Correct Answer: B

50. What is the primary function of a Gantry Crane in a material handling setup?

- A. To provide a portable exhaust ventilation system.
- B. To lift extremely heavy loads using an overhead structure.
- C. To measure the height of a worker.
- D. To organize small tools on a rack.

Correct Answer: B

51. What is a key ergonomic advantage of using a Scissor Lift over a fixed platform for varying work heights?

- A. It is powered by natural gas.
- B. It allows the worker to adjust the platform to the precise height needed for a neutral posture.
- C. It is much quieter than a fixed platform.
- D. It is exempt from annual inspection.

Correct Answer: B

52. To minimize strain, how should the handle on a hand truck be positioned when moving a load?

- A. Above the shoulder height.
- B. Between the waist and shoulder height.
- C. As low as possible to the floor.

D. Angled away from the body.

Correct Answer: B

53. When using a welding boom to support a welder's arm, what type of ergonomic strain is reduced?

- A. Vibration from the welding process.
- B. Static muscle exertion in the arm and shoulder.
- C. Noise exposure.
- D. Exposure to welding fumes.

Correct Answer: B

54. What is the main function of 'Ergonomics for the Prevention of Musculoskeletal Disorders' guidelines?

- A. To mandate the use of all tools.
- B. To provide recommendations for designing work to fit the worker.
- C. To exclusively cover electrical safety.
- D. To reduce administrative paperwork.

Correct Answer: B
