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.