

**BACHELOR OF PHYSIOTHERAPY
EIGHT SEMESTER
ERGONOMICS
BPT – 804**

**SET
B**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 1:30 hrs.

Full Marks: 35

Time: 15 mins.

(Objective)

Marks: 10

Choose the correct answer from the following:

1×10=10

1. What is the recommended position for computer monitors in an ergonomically designed workstation?
 - a. Placed on a high shelf above eye level
 - b. Positioned below the desk surface
 - c. Aligned with the user's eye level
 - d. Tilted at a 45-degree angle
2. Using smart lifting practices leads to
 - a. Increased Back sprain
 - b. Increased Muscle injuries
 - c. Decreased injuries caused by lifting heavy objects
 - d. Increase shoulder injuries
3. What is the purpose of conducting a work station analysis?
 - a. To determine the employee's favorite desk accessories
 - b. To determine the employee's favorite desk accessories
 - c. To evaluate the ergonomic setup and identify potential improvements
 - d. To schedule team-building activities
4. Which of the following is an ergonomic guideline for office chairs?
 - a. Proper seat depth and width to accommodate the user
 - b. Lack of adjustability to maintain a fixed posture
 - c. No lumbar support for the lower back
 - d. No lumbar support for the lower back
5. Lifting Stage include accept
 - a. Preparation
 - b. Carrying
 - c. Setting Down
 - d. Awkward Postures
6. In designing an efficient workspace, the left hand will cover
 - a. Maximum working area
 - b. Normal working area
 - c. Minimal working area
 - d. None of the above
7. According to lifting principle
 - a. Lifting loads more than 70 pounds
 - b. Lifting loads not more than 50 pounds
 - c. Lifting loads more than 60 pounds
 - d. Lifting loads more than 50 pounds

Contributing factor include

- a. Work environment
- b. Visual effort
- c. Forceful exertion
- d. All of the above

Working too long with "C" curve can cause

- a. Sprain
- b. Strain
- c. Both a and b
- d. None of the above

What is the purpose of implementing document holders in an ergonomically designed workstation?

- a. To increase the number of documents on the desk surface
- b. To encourage frequent head movements
- c. To minimize eye and neck strain while referencing documents
- d. To promote paperless office practices

(Descriptive)

Time: 1 hr. 15 mins.

Marks: 25

[Answer question no.1 & any two (2) from the rest]

1. Write about flexible forms of organization in work organization? 5
2. Write about the principle of ergonomics in lifting is based on minimizing the risk of injury and optimizing efficiency while performing lifting tasks. Write in detail about high-frequency and long-duration lifting 10
3. Define ergonomics in workplace? Write detail about work station analysis? Mention in detail about computer workstation evaluation checklist 10
4. Define ergonomics? Write in detail about role ergonomics and social significance of ergonomics. 10
5. Write in detail about coaching management in organization. Write a short note on work related musculoskeletal disorders in detail. 10

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