

**BACHELOR OF PHYSIOTHERAPY
EIGHTH SEMESTER
ERGONOMICS
BPT - 804**

**SET
B**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 1.30 hrs.

Full Marks: 35

(Objective)

Time: 15 min.

Marks: 10

Choose the correct answer from the following:

1×10=10

- For Longer Seating, The Most Comfort Position For The Leg Is When Knee Is Bent At About ?
 - 35 Degree
 - 45 Degree
 - 55 Degree
 - 90 Degree
- What is the purpose of implementing document holders in an ergonomically designed workstation?
 - To increase the number of documents on the desk surface
 - To encourage frequent head movements
 - To minimize eye and neck strain while referencing documents
 - To promote paperless office practices
- Working too long with "C" curve can cause
 - Sprain
 - Strain
 - Both a and b
 - None of the above
- Which type of flexible work arrangement allows employees to choose when and where they work?
 - Telecommuting
 - Hot desking
 - Job sharing
 - Flextime
- Using Smart Lifting Practices Leads To
 - Increased Back Sprain
 - Increased Muscle Injuries
 - Decreased Injuries Caused By Lifting Heavy Objects
 - Increased Shoulder Injuries
- Lifting Stage Include Accept
 - Preparation
 - Carrying
 - Setting Down
 - Awkward Postures
- Which Of The Following Is An Ergonomic Guideline For Office Chairs?
 - Proper Seat Depth And Width To Accommodate The User
 - Lack Of Adjustability To Maintain A Fixed Posture
 - No Lumbar Support For The Lower Back
 - No Lumbar Support For The Lower Back

8. 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
9. 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
10. Contributing factor include
- a. Work environment
 - b. Work environment
 - c. Forceful exertion
 - d. Forceful exertion

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(Descriptive)

Time : 1 hr. 15 min.

Marks : 25

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

1. Define ergonomics. Write in detail about role and social significance of ergonomics. 5
2. Discuss ergonomics in workplace? Write detail about work station analysis? Mention in detail about computer workstation evaluation checklist. 2+4+4 =10
3. Mention about Biomechanical And Physiological factors related to ergonomics in detail. Also write about ergonomical aspect of movement in pushing and pulling 10
4. Write about flexible forms and coaching management style of organization in work organization in detail. 5+5=10
5. Write about Ergonomical aspect of lifting Principle in detail. Mention about the ergonomical aspect of posture in sitting and standing. 5+5=10

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