

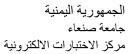
قائمة الاسئلة

بيئه العمل - المستوى الرابع -العلاج الطبيعي - كلية الطب والعلوم الصحية - الفترة الأولى- درجة الامتحان (70)

د خالد يحيى السياني

- 1) anthropometry means measurement of humans
 - 1) + .TRUE
 - 2) .FALSE
- 2) intervertebral discs is diarthroses
 - 1) .TRUE
 - 2) + .FALSE
- 3) Ergonomics is the science of fitting the worker to the job
 - 1) .TRUE
 - 2) + .FALSE
- 4) MSDs account for approximately 33% of all injuries and illnesses
 - 1) + .TRUE
 - 2) .FALSE
- 5) Repetitive Strain Injuries occur from repeated physical movements
 - 1) + .TRUE
 - 2) .FALSE
- 6) Functional anthropometric is Measurement of the dimensions in static position
 - 1) .TRUE
 - 2) + .FALSE
- 7) spinal movements always involve a number of motion segments
 - 1) + .TRUE
 - 2) .FALSE
- 8) There is a progressive decrease in vertebral size from the cervical region down through the lumbar region
 - 1) .TRUE
 - 2) + .FALSE
- 9) flexion movement of the neck leading to narrow the spinal canal
 - 1) .TRUE
 - 2) + .FALSE
- 10) The lumber flexion is normally accompanied by hip flexion and anterior pelvic tilt
 - 1) .TRUE
 - 2) + .FALSE
- 11) All sedentary workers suffer from low back pain
 - 1) + .TRUE
 - 2) .FALSE
- 12) Minimize risk of injury by increasing amount of time spent reaching
 - 1) .TRUE
 - 2) + .FALSE
- 13) Use chairs with hard edges
 - 1) .TRUE
 - 2) + .FALSE
- 14) Don't put anything under the desk
 - 1) + .TRUE
 - 2) .FALSE
- 15) Make sure the keyboard and mouse fit on the desk surface
 - 1) + .TRUE
 - 2) .FALSE

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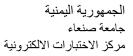
16)	Basic E	rgonomic Principles apply at home except
	1) +	Eating
	2) -	Force
	3) -	Posture
	4) -	Repetition
17)	All these to Prevention Eye strain when use screen except	
	1) -	Monitor arm's length away
	2) +	Small text
	3) -	Appropriate lighting levels
	4) -	Location of monitor in relation to windows
18)	The height of a seat should not exceed the	
	1) -	Knee
	2) -	Hip joint
	3)	shoulder
	4) +	popliteal
19)	Which 1	nonmechanical low back pain
	1) -	spondylolisthesis
	2)	OA
	3) +	
	4) -	spinal stenosis
20)		se non specific causes low back pain except
	1) -	Obesity
		Physical inactivity
	/	Arthritis
- 43	4) -	Pregnancy
21)		te Reasons for early retirement among dentists except
	1) -	Musculoskeletal Disorder
	,	Cardio Vascular Diseases
		NEUROTIC SYMPTOMS
22)	4) +	
22)	_	mics is the science of
	1) +	
		fitting the worker to the job
		lifting injuries
22)	4) -	
23)		account for approximately of all injuries and illnesses
	1) -	13% 23%
	· ·	33%
	4) -	
24)	/	of the following is an example of an ergonomic risk factor?
24)		Repetition
	1	Neutral postures
		Rest
	4) -	
25)	,	mic hazards can be prevented or reduced by which of the following control methods?
23)		Engineering controls
		Proper work practices
	3) -	Personal protective equipment
	- /	1 11 -

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- 4) + All of these
- 26) Poor posture in sitting can lead to
 - 1) Good digestion
 - 2) Healthier joints
 - 3) + Pressure ulcers
 - 4) Easier breathing
- 27) Disadvantages of the knee-support chair except
 - 1) It has no backrest
 - 2) + It give support for the knee
 - 3) It fixes the lower limbs, with the knees in flexion
 - 4) Standing up and sitting down is difficult
- 28) Sitting flattens lumbar curve lead to
 - 1) + Changes biomechanics of spine
 - 2) decreased forces on discs
 - 3) decreased length of ligaments
 - 4) decreased muscle tension
- 29) The ergonomic risk factors associated with musculoskeletal problems in people who perform repetitive manipulative tasks except
 - 1) working posture
 - 2) repetition rate
 - 3) + body size
 - 4) wrist position
- 30) Factors that effect body size except
 - 1) Age
 - 2) fitness and health
 - 3) posture
 - 4) + War
- 31) All these for Preventing repetites strain injurys except
 - 1) Proper Posture
 - 2) + Age
 - 3) Display characteristics
 - 4) Regular Exercises
- 32) Benefits of good ergonomic sitting posture except
 - 1) Increase tension
 - 2) Better concentration
 - 3) + Providing a sense of security
 - 4) Good digestion
- 33) Spinal column is formed by ----- vertebrae:
 - 1) _ _ 23
 - 2) + 33
 - 3) 43
 - 4) 53
- 34) Which Effect of flexion movement of the neck
 - 1) Displacement of the IVD anteriorly
 - 2) Narrow the spinal canal
 - 3) + Open of the facet joints
 - 4) Close of the facet joints
- 35) During sitting, the pelvis rotates
 - 1) + backward

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- 2) forward
- 3) upward
- 4) downward