



قائمة الاسئلة

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

د خالد يحيى السنياني

- 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 lumbar 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





- 16) Basic Ergonomic 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 nonmechanical low back pain
- 1) - spondylolisthesis
 - 2) - OA
 - 3) + Tumor
 - 4) - spinal stenosis
- 20) All these non specific causes low back pain except
- 1) - Obesity
 - 2) - Physical inactivity
 - 3) + Arthritis
 - 4) - Pregnancy
- 21) All these Reasons for early retirement among dentists except
- 1) - Musculoskeletal Disorder
 - 2) - Cardio Vascular Diseases
 - 3) - NEUROTIC SYMPTOMS
 - 4) + Good salary
- 22) Ergonomics is the science of ____.
- 1) + designing the job to fit the worker
 - 2) - fitting the worker to the job
 - 3) - lifting injuries
 - 4) - safety and health
- 23) MSDs account for approximately ____ of all injuries and illnesses
- 1) - 13%
 - 2) - 23%
 - 3) + 33%
 - 4) - 50%
- 24) Which of the following is an example of an ergonomic risk factor?
- 1) + Repetition
 - 2) - Neutral postures
 - 3) - Rest
 - 4) - Personal protective equipment
- 25) Ergonomic hazards can be prevented or reduced by which of the following control methods?
- 1) - Engineering controls
 - 2) - Proper work practices
 - 3) - Personal protective equipment





- 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





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

