

### **Health & Safety – Worksheet 1**

1. Define Health & Safety.
2. Why do European Regulations Exist?
3. What is Ergonomics?
4. Describe the ideal situation for the following:
  - a. Seating:
  - b. Worktops:
  - c. Screens:
  - d. Lighting:
5. List the causes of Visual Fatigue.
6. How can we reduce Eye Strain?
7. What does RSI stand for?
8. List the causes of Bodily Fatigue.
9. How does one develop Repetitive Strain Injury?
10. Another word for Repetitive Strain Injury is \_\_\_\_\_
11. Mention some hazards that may be caused at work.
12. Why should loose cabling be avoided?
13. When Designing an Appropriate Workstation, what is the ideal layout?

## **02. H & S Ergonomics and Environmental Issues**

1. What is the purpose of ergonomics?
2. What are the 2 categories of Ergonomics?
3. What effects do Environmental Factors have?
4. Give some examples of poor Environmental Factors.
5. What are Physical Stressors? And Give some examples.
6. What are the main risks for RSI? Give Examples.
7. How can we prevent RSI? Mention 3 ways.
8. Mention some symptoms of RSI.