

OSHA ERGONOMICS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. During breaks, what type of renewal is most essential for Mary?**
 - A. Mental renewal
 - B. Emotional renewal
 - C. Physical renewal
 - D. Social renewal
- 2. What does the responsibility for ergonomics primarily depend on?**
 - A. Employers to provide equipment
 - B. Workers to monitor their own health
 - C. Government regulations
 - D. Training programs
- 3. What do good or neutral postures help with while performing tasks?**
 - A. Increasing speed and efficiency
 - B. Preventing injuries from occurring
 - C. Enhancing strength and flexibility
 - D. Reducing the need for breaks
- 4. What can excessive force in ergonomics lead to?**
 - A. Improved efficiency
 - B. Decreased productivity
 - C. Injuries and stress on the body
 - D. Enhanced flexibility
- 5. What is the primary concern associated with static postures in the workplace?**
 - A. Increased comfort while working
 - B. Restriction of blood flow and muscle damage
 - C. Improved productivity
 - D. Enhanced flexibility and mobility
- 6. What is a primary goal of ergonomics in the workplace?**
 - A. To increase production speed
 - B. To harmonize the working environment with human capabilities
 - C. To eliminate all physical activity
 - D. To enforce strict working hours

- 7. What is the most important part of the S-curve while sitting?**
- A. Upper back
 - B. Lower back or lumbar
 - C. Neck
 - D. Thighs
- 8. Which of the following is NOT a characteristic of static posture?**
- A. Keeps the body still
 - B. Does not engage in active movement
 - C. Enhances muscle relaxation
 - D. Can lead to discomfort without adjustment
- 9. What does MSD stand for in the context of workplace ergonomics?**
- A. Muscular Strain Disorder
 - B. Musculoskeletal Disorders
 - C. Minimized Strain Damage
 - D. Muscle System Dysfunction
- 10. What impact does Ergonomics have on workplace safety?**
- A. It is irrelevant to safety matters
 - B. It can decrease safety and increase risk
 - C. It enhances safety and reduces injury potential
 - D. It complicates safety procedures

Answers

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1. C
2. B
3. B
4. C
5. B
6. B
7. B
8. C
9. B
10. C

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Explanations

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1. During breaks, what type of renewal is most essential for Mary?

- A. Mental renewal
- B. Emotional renewal
- C. Physical renewal**
- D. Social renewal

In the context of break times, physical renewal is crucial for someone like Mary, especially if her work involves repetitive tasks or prolonged periods of sitting or standing. Physical renewal during breaks may involve activities such as stretching, walking, or engaging in light exercise. These activities help reduce muscle tension, alleviate fatigue, and improve overall circulation. This type of renewal is directly related to the body's physical state, and it plays a vital role in preventing musculoskeletal disorders and enhancing overall productivity. While other types of renewal, such as mental, emotional, and social, can also be beneficial in their own right, the physical aspect takes precedence when considering the body's need to recover from physical strain. Engaging in physical renewal can significantly enhance cognitive function and emotional well-being as well, as physical activity is known to boost mood and alleviate stress, creating a more balanced approach to breaks in a work environment.

2. What does the responsibility for ergonomics primarily depend on?

- A. Employers to provide equipment
- B. Workers to monitor their own health**
- C. Government regulations
- D. Training programs

The responsibility for ergonomics primarily rests with the workers to monitor their own health because individual workers play a critical role in recognizing and addressing potential ergonomic hazards in their work environment. They are often the first to notice discomfort, fatigue, or any adverse effects that may arise from poor ergonomic practices. By being aware of their own health and well-being, workers can take proactive steps to adjust their workstation, use tools correctly, and maintain proper posture, which ultimately contributes to a safer and more comfortable work environment. This self-monitoring encourages workers to communicate with their employers about ergonomic issues, fostering a culture of safety and awareness around ergonomics in the workplace.

3. What do good or neutral postures help with while performing tasks?

- A. Increasing speed and efficiency
- B. Preventing injuries from occurring**
- C. Enhancing strength and flexibility
- D. Reducing the need for breaks

Good or neutral postures play a crucial role in preventing injuries while performing tasks. When individuals maintain proper postures, it reduces the strain on muscles, joints, and ligaments, thereby minimizing the risk of developing musculoskeletal disorders. For instance, when lifting objects, using a correct posture can alleviate pressure on the back and shoulders. Additionally, neutral postures help distribute weight evenly across the body, which can further reduce the potential for injuries related to repetitive motion or prolonged awkward positions. Therefore, adopting good or neutral postures is fundamental in ensuring long-term health and safety in the workplace.

4. What can excessive force in ergonomics lead to?

- A. Improved efficiency
- B. Decreased productivity
- C. Injuries and stress on the body**
- D. Enhanced flexibility

Excessive force in ergonomics often leads to injuries and stress on the body because it can create an undue burden on muscles, tendons, and joints. When workers are required to exert more force than their bodies can comfortably handle, they are at a greater risk for musculoskeletal disorders (MSDs) such as strains, sprains, and repetitive motion injuries. These injuries can result from lifting heavy objects, pushing, pulling, or holding awkward positions for prolonged periods. Addressing excessive force is critical in creating a workplace that promotes health and safety, as it enables workers to perform tasks within their physical capacity without experiencing pain or discomfort. Recognizing and mitigating the impact of excessive force is a key aspect of ergonomic design and practice, aimed at improving worker well-being and maintaining productivity in the long run.

5. What is the primary concern associated with static postures in the workplace?

- A. Increased comfort while working
- B. Restriction of blood flow and muscle damage**
- C. Improved productivity
- D. Enhanced flexibility and mobility

The primary concern associated with static postures in the workplace is the restriction of blood flow and muscle damage. When an individual maintains the same posture for an extended period, it can lead to reduced circulation in the affected areas. This restriction can cause muscle fatigue, discomfort, and ultimately pain, as muscles that are not engaged in movement have a higher likelihood of accumulating lactic acid and other metabolic waste products. Over time, this can contribute to musculoskeletal disorders, affecting not only an employee's health but also their ability to perform tasks efficiently. Thus, promoting dynamic movement and periodic changes in posture is essential to mitigate these risks and enhance overall workplace ergonomics.

6. What is a primary goal of ergonomics in the workplace?

- A. To increase production speed
- B. To harmonize the working environment with human capabilities**
- C. To eliminate all physical activity
- D. To enforce strict working hours

The primary goal of ergonomics in the workplace is to harmonize the working environment with human capabilities. This focus aims to enhance worker comfort, safety, and performance by designing tasks, tools, and workspaces that accommodate the physical and cognitive abilities of employees. By doing this, ergonomics seeks to reduce the risk of injury and strain while improving overall job satisfaction and efficiency. This approach recognizes that every worker is unique, with varying strengths, weaknesses, and preferences. By aligning work conditions with human capabilities, ergonomics contributes to a healthier work environment, fostering better posture, minimizing repetitive strain injuries, and ultimately ensuring that workers can perform their tasks effectively and without undue strain. The other options do not capture the essence of ergonomic principles. While increasing production speed may be a consideration, it should not come at the expense of worker safety or well-being. Eliminating all physical activity contradicts the goal of ergonomics, which often includes promoting safe movement and activity to enhance health. Enforcing strict working hours does not address the ergonomics focus on creating a supportive and accommodating work environment tailored to human needs.

7. What is the most important part of the S-curve while sitting?

- A. Upper back
- B. Lower back or lumbar**
- C. Neck
- D. Thighs

The most important part of the S-curve while sitting is the lower back, or lumbar region. This area plays a critical role in maintaining good posture and supporting the weight of the upper body. The lumbar spine is naturally curved to help absorb shock and provide stability. When seated, proper lumbar support is essential to prevent excessive strain on the lower back muscles and spinal discs. When the lumbar region is neglected, individuals may experience discomfort, fatigue, or chronic pain, leading to long-term health issues. Effective ergonomic seating supports the natural curvature of the spine, particularly in the lower back, promoting a neutral spine alignment and reducing the risk of injury. Thus, ensuring the lower back is well-supported during extended periods of sitting is essential for overall comfort and health.

8. Which of the following is NOT a characteristic of static posture?

- A. Keeps the body still
- B. Does not engage in active movement
- C. Enhances muscle relaxation**
- D. Can lead to discomfort without adjustment

The characteristic that is not associated with static posture is that it enhances muscle relaxation. Static posture refers to maintaining a fixed position for extended periods, which often leads to muscle fatigue and discomfort rather than relaxation. When the body remains in a static posture, certain muscle groups can become tense and overworked due to the lack of movement and the need to stabilize the body. Therefore, rather than facilitating relaxation, static postures can actually contribute to discomfort and strain unless regular adjustments are made to change positions or alleviate pressure on certain areas of the body. This understanding emphasizes the importance of varying posture and incorporating movement into work tasks to promote better musculoskeletal health.

9. What does MSD stand for in the context of workplace ergonomics?

- A. Muscular Strain Disorder
- B. Musculoskeletal Disorders**
- C. Minimized Strain Damage
- D. Muscle System Dysfunction

In the context of workplace ergonomics, MSD stands for Musculoskeletal Disorders. This term encompasses a variety of conditions that affect the muscles, tendons, ligaments, joints, cartilage, and spinal discs. These disorders are often caused or aggravated by repetitive motions, awkward postures, and excessive force in the workplace, leading to pain, discomfort, and a decrease in productivity. Understanding that MSD refers to Musculoskeletal Disorders is crucial for recognizing how ergonomic interventions can help prevent these conditions. Effective ergonomic practices aim to reduce the risk factors associated with MSDs, promoting a healthier work environment and enhancing employee well-being. By focusing on this definition, individuals and organizations can better implement strategies to mitigate risks and support workers' health.

10. What impact does Ergonomics have on workplace safety?

- A. It is irrelevant to safety matters
- B. It can decrease safety and increase risk
- C. It enhances safety and reduces injury potential
- D. It complicates safety procedures

Ergonomics plays a critical role in enhancing workplace safety and reducing the potential for injuries. By focusing on the design of work environments, tools, and tasks to fit the capabilities and limitations of workers, ergonomic principles help minimize the risk of musculoskeletal disorders, repetitive strain injuries, and other job-related injuries. When workplaces are ergonomically optimized, employees can perform their tasks more efficiently and comfortably, which can lead to improved productivity and job satisfaction. Additionally, ergonomic interventions can identify potential hazards associated with poor postures or repetitive motions and address them before they lead to accidents or injuries. Overall, effective ergonomic practices contribute to a safer work environment, promoting health and wellbeing among workers while reducing the likelihood of costly injuries and associated downtime.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://oshaergonomics.examzify.com>

We wish you the very best on your exam journey. You've got this!

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