

### ASSESSMENT # 3

Total Marks: 30

Answer the following questions:

**Q: 1:** Short Questions (15)

- I. Describe different methods of keeping human joints in a neutral position.
- II. Outline the ergonomic guidelines for selecting a chair.
- III. Describe the basic guidelines for safe lifting.
- IV. List some ergonomic tips for working in a standing position.
- V. Describe some safe methods of transporting materials.

**Q: 2:** Discuss Dr. William Bridges' transition model. (7)

**Q: 3:** Outline some tips for successful adjustment when making changes to improve the ergonomics of the workplace. (8)