

Computer Health and Ergonomics

Computer Ergonomics · Practice Test · 20 Questions

1. Which part of the human body is most commonly affected by repetitive clicking of a computer mouse?

- A) The wrist
- B) The kneecap
- C) The ankle
- D) The ear

2. What is the recommended distance to keep your eyes from a computer screen to reduce strain?

- A) 5cm
- B) 50cm
- C) 500cm
- D) 5000cm

3. Which body part should remain flat on the floor while sitting at a computer desk for proper posture?

- A) The head
- B) The shoulders
- C) The feet
- D) The elbows

4. Which condition describes pain or numbness in the wrist often caused by improper keyboard use?

- A) Carpal tunnel syndrome
- B) Common cold
- C) Sunburn
- D) Broken tooth

5. What health benefit does blinking frequently have when looking at a digital screen?

- A) It stops weight gain
- B) It keeps the eyes moist
- C) It improves hearing
- D) It strengthens teeth

6. Which muscle group is most impacted by 'tech neck' caused by looking down at screens?

- A) Neck muscles
- B) Calf muscles
- C) Toe muscles
- D) Tongue muscles

7. What is the primary human sense used to operate a computer keyboard?

- A) Smell
- B) Taste
- C) Touch
- D) Hearing

8. To maintain good health while working on a computer, how often should you generally take a short break to stand up?

- A) Every 10 seconds
- B) Every hour
- C) Every week
- D) Every month

9. What organ is responsible for processing the visual information received from a computer monitor?

- A) Heart
- B) Brain
- C) Stomach
- D) Lungs

10. Which body part should support your back to prevent slouching at a computer?

- A) The chair backrest
- B) The desk surface
- C) The keyboard
- D) The monitor stand

11. Extended use of computer screens can lead to digital eye strain, which may result in which symptom?

- A) Increased hair growth
- B) Headaches
- C) Stronger muscles
- D) Enhanced smell

12. What is the most effective way to help your eyes recover during a long computer session?

- A) Staring at the sun
- B) Looking away at distant objects
- C) Closing your eyes for an hour
- D) Drinking water

13. When typing, where should your elbows be positioned to maintain a healthy posture?

- A) Above your head
- B) Tucked behind your back
- C) At a 90-degree angle
- D) Locked straight out

14. What is the term for the study of designing equipment to fit the human body's needs?

- A) Biology
- B) Ergonomics
- C) Chemistry
- D) Physics

15. Which physical ailment can occur from resting your wrists on a hard desk edge while typing?

- A) Pressure on nerves
- B) Increased blood flow
- C) Stronger bones
- D) Better memory

16. What is a healthy way to position a computer monitor relative to your eye level?

- A) Below your knees
- B) At or slightly below eye level
- C) Hidden under the desk
- D) On the ceiling

17. Which part of the body is used to press the 'Enter' key?

- A) The finger
- B) The nose
- C) The elbow
- D) The knee

18. What is the biological reason we need to take breaks from screens?

- A) To avoid sleepwalking
- B) To reduce fatigue in eye muscles
- C) To stop growing taller
- D) To increase appetite

19. Which activity helps maintain circulation in the legs while sitting at a computer?

- A) Staying perfectly still for hours
- B) Occasional stretching
- C) Holding your breath
- D) Wearing heavy boots

20. What is the purpose of an ergonomic mouse?

- A) To play louder music
- B) To fit the hand's natural shape
- C) To glow in the dark
- D) To connect to a printer