

## Appendix 1. - Knowledge, Attitudes, and Practice toward Ergonomic Hazards Questionnaire

### **I. Knowledge Index (KI):**

1. What is ergonomics?
  - A. Studies the relationships between workers and their tasks.
  - B. Looks at the fitness between a human and an activity.
  - C. Can help in preventing musculoskeletal disorders.
  - D. All of the above.
2. Where should you use ergonomics?
  - A. In the workplace
  - B. Everywhere
  - C. Sitting only at a desk
  - D. At home
3. The most important and alarming symptom of musculoskeletal disorders is:
  - A. Numbness
  - B. Redness
  - C. Pain
  - D. Weakness
4. Musculoskeletal disorders most frequently affect which parts of the body?
  - A. Neck and wrists
  - B. Eyes and back
  - C. Back and wrists
  - D. Neck and eyes
5. How much distance in inches should you keep away while sitting at a desk?
  - A. 1–5 inches
  - B. 6–10 inches
  - C. 11–15 inches
  - D. More than 15 inches
6. What is/are the risk factor(s) for musculoskeletal disorders?
  - A. Repetition of an activity
  - B. Poor posture
  - C. Your overall health
  - D. Taking breaks frequently at work

7. How often should you change your body position while working?

- A. Every 20 minutes
- B. Every 45 minutes
- C. Every 1 hour
- D. Every 2 hours

8. When changing direction while working, you should...

- A. Twist your upper body.
- B. Reach with your arms.
- C. Move your whole body.
- D. Lean on your elbows for support.

9. Proper posture includes aligning...

- A. Ears, shoulders, and hips.
- B. Head, neck, and shoulders.
- C. Ears, back, and hips.
- D. Shoulders and hips.

10. To reduce your risk of musculoskeletal disorders, you should...

- A. Spend a lot of money.
- B. Do simple exercises regularly while working.
- C. Work part-time.
- D. Only work at a desk.

**II. Attitude Index (AI):** These questions include the following:

1. Keep your back straight and avoid turning or twisting your body while lifting or holding a heavy object.
2. When you are lifting the patient, use your legs, not your back.
3. While you are lifting, bend your knees, not your waist.
4. Always consider the patient's weight and call for additional help if necessary.
5. Taken brief breaks every 30 minutes to relieve stress and repetitive strain injury.
6. The screen of your monitor should be kept at least 20 inches away from your eyes.
7. The top of your monitor screen should be not higher than eye level.
8. Use a footrest If your feet don't touch the floor and if you can't adjust your chair.
9. Your head should be in an upright position when you view documents on the screen.
10. The factors that can cause musculoskeletal disorders (MSDs) are as follows:

- a. Static or awkward posture and movements when positioning patients or equipment.
  - b. Quick motions, repetitive movements, and vibration.
  - c. Lifting of heavy objects, equipment, or patients—the forward bending often required for lifting of patients.
11. Poor workplace ergonomics in term of furniture/equipment design; chairs and tables are risk factors for MSDs.
  12. Long shifts without breaks or position changes are risk factor for MSDs.
  13. Cold temperatures are risk factor for MSDs.
  14. Lack of knowledge related to safe handling and lifting is a risk factor for MSDs.
  15. A concise and clear protocol or policy statement is needed for the management of work-related MSDs.
  16. Health and safety committees or teams organized through occupational health programs at the hospital are needed to contribute to the management of MSDs.

**III. Practice Index (PI):**

1. Do you perform reaches to things with your arms nearly straight?
2. Do you twist your body without moving your feet?
3. Do you stand stooped over, performing work with your hands located at or below the level of your knees?
4. Do you work at a rapid pace?
5. Does repeating a task cause pain?