



ZIMBABWE EZEKIEL GUTI UNIVERSITY

COLLEGE FOR LIFELONG EDUCATION

FACULTY OF SCIENCE, TECHNOLOGY, AGRICULTURE AND FOOD SYSTEMS

EXAMINATION PAPER

MODULE CODE : DSMS114

MODULE TITLE : Occupational Health and Ergonomics

DURATION : 2 Hours

LEVEL : 1:2

DATE : .....  
29 NOV 2024

INSTRUCTIONS TO CANDIDATES:

1. Question **Number 1** in **Section A** is **compulsory**.
2. Answer any other **one (1)** question from section B.
3. Each question carries twenty-five (25) marks
4. Number of marks for part questions are shown in brackets
5. Start each question on a new page
6. This paper consists of two (2) pages
7. Answer sheets are provided

## Section A: Compulsory

### Question 1

Select a workstation or task you regularly perform (either at home or work). Conduct an ergonomic assessment using the principles learned in this module. Identify any risk factors present, suggest modifications to improve ergonomics, and create a brief report detailing your findings and recommendations. (25 marks)

## Section B: Answer any one (1) question from this section

### Question 2

- a) Discuss the relationship between repetitive motions and the development of musculoskeletal disorders. Include examples of jobs that may expose workers to these risks and propose strategies to mitigate these risks. (15 marks)
- b) Identify the national and international laws and regulations that promote good ergonomics in the workplace (10 marks)

### Question 3

- a) The relationship between occupational health and ergonomics is significant, as both fields aim to improve worker safety and health. Discuss (15 marks)
- b) The significance of laws and regulations regarding ergonomics. (10 marks)

### Question 4

a) What causes the following WMSDs?

- i) Carpal tunnel syndrome (3 marks)
- ii) Tendinitis (3 marks)
- iii) Low back disorder (3 marks)
- iv) Bursitis (3 marks)

b) Describe the concept of "neutral posture" and explain its importance in preventing musculoskeletal disorders. (13 marks)

**THE END**

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