

Ergonomics and the Mature Worker

- 1) A middle-aged worker needs up to six times as much light to see, compared to someone in his or her 20's.
 True False
- 2) Getting up and walking or stretching can help improve blood flow.
 True False
- 3) A hearing aid doesn't affect hearing protection selection.
 True False
- 4) The items at your workstation you need to use most frequently should be spread out so you must stretch and move to reach them.
 True False

What Would You Do?

The setup of your workstation is causing you a lot of discomfort. You've tried adjusting your seat height and moved a few things around, but you're still not comfortable. What would you do?
