



QUESTION PAPER

Ergonomics Safety Steward

Name of Job Role with Level	Ergonomics Safety Steward NSQF Level: 4	QP Code (Level)	SSD/VSQ/Q0107 NSQF Level: 4
Type of Question Paper (Theory)	(Multiple Choice Questions)	Batch Name/ Batch Id	
Duration:		Max Marks:	270
Name of Candidate		Aadhaar No.	
Candidate's Father Name		Candidate Signature	
Assessor Name and Signature		Trainer Name and Signature	
TP Name		TC Name	
TP/TC Stamp with Signature		Date	

INSTRUCTIONS TO THE CANDIDATES

1. Candidates are not permitted to leave the examination hall before the last 30 minutes. They must seek permission from the examiner before leaving the hall.
2. Write your name, Aadhaar Number, father name, Signature clearly in the designated space.
3. The enclosed paper contains 1 sections Theory (MCQ). Marks are mentioned against each question.
4. Use of laptops/ Mobile Phone is not permitted during assessment.
5. Use only Black or Blue ball point pen. Don't do any rough work in paper.
6. Do not mark multiple answers for one question, in case of multiple marking, you will not be given any marks for that question.
7. The passing criteria is as per Qualification Pack.
8. There are multiple correct answers to some of the questions.



Ergonomics Safety Steward

NSQF Level-4

Theory- 270 marks

Duration- 180 minutes (3 hrs.)

Marks Scored:

NAME:	
FATHER'S NAME:	
DATE:	
CENTRE:	
BATCH ID:	
CANDIDATE'S ID:	

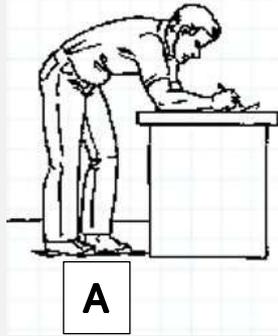
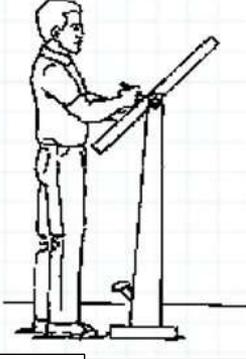
SECTION: A [Multiple Choice Questions (54*5=270)]

Tick the correct option and do not overwrite in the marked answers

SSD/VSQ/N0126: Ergonomics Hazard at Workplace(10*5=50)

01	What is the primary goal of ergonomics in the workplace?			
	<input type="checkbox"/>	A. To increase the number of workstations	<input type="checkbox"/>	B. To reduce work hours
	<input type="checkbox"/>	C. To improve employee comfort and efficiency	<input type="checkbox"/>	D. To increase the use of technology
02	Which of the following is a common ergonomics-related hazard?			
	<input type="checkbox"/>	A. Poor lighting	<input type="checkbox"/>	B. Repetitive strain injuries
	<input type="checkbox"/>	C. Uncomfortable seating	<input type="checkbox"/>	D. All of the above
03	Is there any ergonomic hazard in Shown Picture.(Yes/No)			
	<input type="checkbox"/>	A. Yes	<input type="checkbox"/>	B. No
04	Which of the following is a key principle of ergonomic design?			
	<input type="checkbox"/>	A. Maximizing workload without breaks	<input type="checkbox"/>	B. Designing tasks to fit the worker's capabilities(Fit the job to the person)
	<input type="checkbox"/>	C. Ignoring employee feedback	<input type="checkbox"/>	D. Standardizing workstations without flexibility
05	Which ergonomic hazard is associated with improper equipment layout in a workspace?			
	<input type="checkbox"/>	A. Noise pollution	<input type="checkbox"/>	B. Repetitive strain injuries
	<input type="checkbox"/>	C. Poor lighting	<input type="checkbox"/>	D. Obstructed pathways
06	Which activity poses a risk in confined spaces due to limited movement and ventilation?			
	<input type="checkbox"/>	A. Sitting at a desk	<input type="checkbox"/>	B. Working in a small storage room
	<input type="checkbox"/>	C. Using a computer	<input type="checkbox"/>	D. Walking in an open area
07	What is the full form of MSDs?			

	<input type="checkbox"/>	A. Muscular System Disorders	<input type="checkbox"/>	B. Musculoskeletal Disorders
	<input type="checkbox"/>	C. Musculoskeletal Deficiencies	<input type="checkbox"/>	D. Movement System Dysfunctions
08	ARE MSDs INJURIES PREVENTABLE?(Yes/No)			
	<input type="checkbox"/>	A. Yes	<input type="checkbox"/>	B. No
09	What is a primary risk factor for developing MSDs?			
	<input type="checkbox"/>	A. Regular exercise	<input type="checkbox"/>	B. Adequate hydration
	<input type="checkbox"/>	C. Prolonged awkward postures and repetitive tasks	<input type="checkbox"/>	D. Proper ergonomic design of workstations
10	Which of the following occupations is at higher risk for developing MSDs?			
	<input type="checkbox"/>	A. Office desk job	<input type="checkbox"/>	B. Pilot
	<input type="checkbox"/>	C. Construction worker	<input type="checkbox"/>	D. Chef
SSD/VSQ/N0127.Evaluation of risk associated with Ergonomic hazards.(10*5=50)				
11	Which ergonomic risk factor is linked to inadequate training and awareness of safe work practices?			
	<input type="checkbox"/>	A. Social events	<input type="checkbox"/>	B. Repetitive tasks
	<input type="checkbox"/>	C. Work stress	<input type="checkbox"/>	D. Poor ergonomic practices
12	Avoid tilting the upper body more than 20 degrees(True/False)			
	<input type="checkbox"/>	A. True	<input type="checkbox"/>	B. False
13	What psychological factor can exacerbate ergonomic risks by increasing physical tension and fatigue?			
	<input type="checkbox"/>	A. Noise levels	<input type="checkbox"/>	B. Work stress
	<input type="checkbox"/>	C. Extreme temperature	<input type="checkbox"/>	D. Confined space
14	Which of the following is NOT a step in the standard method of risk evaluation for ergonomics?			
	<input type="checkbox"/>	A. Identifying risk factors	<input type="checkbox"/>	B. Ignoring employee feedback
	<input type="checkbox"/>	C. Assessing severity of hazards	<input type="checkbox"/>	D. Implementing controls
15	What is a primary benefit of using a structured approach to evaluate risk factors and levels?			

	<input type="checkbox"/>	A. It increases workplace accidents	<input type="checkbox"/>	B. It ensures systematic identification and mitigation of hazards
	<input type="checkbox"/>	C. It decreases employee turnover	<input type="checkbox"/>	D. It minimizes job complexity
16	<p>Which one is correct posture .</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>			
	<input type="checkbox"/>	A. A	<input type="checkbox"/>	B. B
17	During a review, what aspect of workplace design should be analysed to assess ergonomic risks?			
	<input type="checkbox"/>	A. Colour scheme of the office	<input type="checkbox"/>	B. Number of team-building activities
	<input type="checkbox"/>	C. Layout and adjustability of workstations	<input type="checkbox"/>	D. Quality of office supplies
18	How often should a review of workplace processes and tasks for ergonomic hazards be conducted to ensure ongoing safety?			
	<input type="checkbox"/>	A. Only when new equipment is introduced	<input type="checkbox"/>	B. Every five years
	<input type="checkbox"/>	C. Annually or when significant changes occur	<input type="checkbox"/>	D. Once during the initial setup
19	What is the purpose of developing a monitoring methodology for ergonomic controls?			
	<input type="checkbox"/>	A. To increase the number of safety incidents	<input type="checkbox"/>	B. To ignore employee feedback
	<input type="checkbox"/>	C. To ensure controls are effective and achieving desired outcomes	<input type="checkbox"/>	D. To increase costs
20	Which method is commonly used to monitor the effectiveness of ergonomic controls?			
	<input type="checkbox"/>	A. Conducting regular surveys and assessments	<input type="checkbox"/>	B. Reducing the number of safety checks
	<input type="checkbox"/>	C. Ignoring feedback from employees	<input type="checkbox"/>	D. Increasing administrative tasks

SSD/VSQ/N0128: Hazard Identification & Risk Assessment(10*5=50)

21	Which principle is fundamental in ergonomic workstation design to reduce physical strain on employees?			
	<input type="checkbox"/>	A. Aesthetic appeal	<input type="checkbox"/>	B. Cost minimization
	<input type="checkbox"/>	C. Adjustable components for individual fit	<input type="checkbox"/>	D. Maximizing workspace size
22	What is the purpose of conducting a gap analysis in the context of ergonomic design?			
	<input type="checkbox"/>	A. To compare design aesthetics with industry standards	<input type="checkbox"/>	B. To evaluate the cost of new equipment
	<input type="checkbox"/>	C. To identify discrepancies between current practices and optimal ergonomic standards	<input type="checkbox"/>	D. To assess employee job satisfaction
23	How should control measures be prioritized?			
	<input type="checkbox"/>	A. Based on employee preference	<input type="checkbox"/>	B. Based on cost alone
	<input type="checkbox"/>	C. Based on the severity and likelihood of the risks	<input type="checkbox"/>	D. Based on aesthetic appeal
24	Which design feature helps to reduce the risk associated with repetitive tasks in the workplace?			
	<input type="checkbox"/>	A. Fixed workstation layout	<input type="checkbox"/>	B. Uniform task design
	<input type="checkbox"/>	C. Task rotation and job enrichment	<input type="checkbox"/>	D. Limited workspace flexibility
25	<p>Is this correct way to pull shown in figure.(True/False)</p>			
	<input type="checkbox"/>	A. True	<input type="checkbox"/>	B. False
26	How can ergonomic design help mitigate the risks of awkward posture?			
	<input type="checkbox"/>	A. By offering workstations that do not allow for posture adjustments	<input type="checkbox"/>	B. By enforcing a fixed seating arrangement
	<input type="checkbox"/>	C. By ensuring workstations and tools are designed to promote neutral postures	<input type="checkbox"/>	D. By minimizing ergonomic training and adjustments
27	When interpreting data from ergonomic safety evaluations, what is a key aspect to consider?			

	<input type="checkbox"/>	A. Total cost of the program	<input type="checkbox"/>	B. Employee job titles
	<input type="checkbox"/>	C. Frequency and types of reported injuries and discomfort	<input type="checkbox"/>	D. Aesthetic quality of the workplace
28	Which of the following is a critical step in analysing data from ergonomic safety evaluations?			
	<input type="checkbox"/>	A. Ignoring employee feedback	<input type="checkbox"/>	B. Reducing the number of ergonomic assessments
	<input type="checkbox"/>	C. Identifying trends and patterns in injury reports and discomfort	<input type="checkbox"/>	D. Increasing the complexity of tasks
29	How should control measures be prioritized?			
	<input type="checkbox"/>	A. Based on employee preference	<input type="checkbox"/>	B. Based on cost alone
	<input type="checkbox"/>	C. Based on the severity and likelihood of the risks	<input type="checkbox"/>	D. Based on aesthetic appeal
30	Which of the following is an example of an engineering control to address ergonomic hazards?			
	<input type="checkbox"/>	A. Adjustable workstations	<input type="checkbox"/>	B. Using ergonomic gloves
	<input type="checkbox"/>	C. Providing training on safe work practices	<input type="checkbox"/>	D. Rotating job tasks
SSD/VSQ/N0129: Ergonomic Safety Training programs(10*5=50)				
31	Cognitive ergonomics primarily focuses on:			
	<input type="checkbox"/>	A. Physical tasks and manual handling	<input type="checkbox"/>	B. Office layout and furniture design
	<input type="checkbox"/>	C. Mental processes and human-computer interaction	<input type="checkbox"/>	D. Health and safety regulations
32	Why Ergonomics Safety Training?			
	<input type="checkbox"/>	A. Moral	<input type="checkbox"/>	B. Legal
	<input type="checkbox"/>	C. Financial	<input type="checkbox"/>	D. All of the above
33	Which tool is commonly used to identify and analyze ergonomic hazards in the workplace?			
	<input type="checkbox"/>	A. Ergonomic assessment checklists	<input type="checkbox"/>	B. Employee performance reviews
	<input type="checkbox"/>	C. Financial audits	<input type="checkbox"/>	D. Marketing surveys
34	What is the first step in developing an action plan for implementing an ergonomic training program?			

	<input type="checkbox"/>	A. Scheduling the training sessions	<input type="checkbox"/>	B. Purchasing ergonomic equipment
	<input type="checkbox"/>	C. Identifying specific ergonomic issues and training needs within the organization	<input type="checkbox"/>	D. Creating promotional materials for the training program
35	Which method is effective for delivering ergonomics safety training to accommodate different learning styles?			
	<input type="checkbox"/>	A. Conducting training in a lecture-only format	<input type="checkbox"/>	B. Providing only written materials
	<input type="checkbox"/>	C. Offering training in a language not understood by the majority of employees	<input type="checkbox"/>	D. Using a combination of lectures, interactive workshops, and hands-on demonstrations
36	What is a key factor in successfully implementing an ergonomics safety training program?			
	<input type="checkbox"/>	A. Using generic training materials for all departments	<input type="checkbox"/>	B. Conducting training only during the onboarding process
	<input type="checkbox"/>	C. Ensuring the training is relevant and tailored to specific job roles and ergonomic issues	<input type="checkbox"/>	D. Focusing solely on theoretical knowledge without practical application
37	How can trainers assess the effectiveness of ergonomics safety training?			
	<input type="checkbox"/>	A. By the length of the training program	<input type="checkbox"/>	B. By the number of training sessions held
	<input type="checkbox"/>	C. By comparing the training costs to other departments	<input type="checkbox"/>	D. Through pre- and post-training assessments, feedback surveys, and monitoring changes in injury rates
38	What is the primary purpose of documenting an ergonomic safety program?			
	<input type="checkbox"/>	A. To create a lengthy report for regulatory compliance	<input type="checkbox"/>	B. To fulfil a one-time legal requirement
	<input type="checkbox"/>	C. To provide clear guidelines and procedures for addressing ergonomic risks and ensuring consistent implementation	<input type="checkbox"/>	D. To reduce the need for ongoing safety assessments
39	Which document is essential for outlining the procedures for reporting and addressing ergonomic issues?			
	<input type="checkbox"/>	A. Employee handbook	<input type="checkbox"/>	B. Ergonomic incident report form
	<input type="checkbox"/>	C. Ergonomic hazard assessment form	<input type="checkbox"/>	D. Organizational mission statement
40	What is a crucial follow-up activity after conducting ergonomics safety training?			
	<input type="checkbox"/>	A. Distributing training materials and not revisiting them	<input type="checkbox"/>	B. Storing training records without reviewing them
	<input type="checkbox"/>	C. Implementing and monitoring ergonomic improvements and regularly updating	<input type="checkbox"/>	D. Assuming that training is effective without further evaluation

		training based on feedback and new developments		
SSD/VSQ/N0104: Plan, Organize and Emergency protocols(10*5=50)				
41	What is the primary goal of integrating safety measures into project schedules?			
	<input type="checkbox"/>	A. To reduce project duration	<input type="checkbox"/>	B. To ensure safety is prioritized and managed effectively
	<input type="checkbox"/>	C. To increase project risks	<input type="checkbox"/>	D. To ignore safety protocols
42	Which of the following is a common barrier to effective communication?			
	<input type="checkbox"/>	A. Feedback loops	<input type="checkbox"/>	B. Active listening
	<input type="checkbox"/>	C. Language barriers	<input type="checkbox"/>	D. Clear and concise messaging
43	What does "resource levelling" aim to achieve in project scheduling?			
	<input type="checkbox"/>	A. Optimizing resource usage	<input type="checkbox"/>	B. Increasing project costs
	<input type="checkbox"/>	C. Delaying project completion	<input type="checkbox"/>	D. Reducing project scope
44	How does resource allocation differ from resource provisioning in project management?			
	<input type="checkbox"/>	A. Allocation focuses on identifying resource needs, while provisioning focuses on distributing resources.	<input type="checkbox"/>	B. They are the same and can be used interchangeably.
	<input type="checkbox"/>	C. Provisioning focuses on identifying resource needs, while allocation focuses on distributing resources.	<input type="checkbox"/>	D. They both focus on identifying resource needs and distributing resources
45	Which of following is techniques for avoid resource overloading?			
	<input type="checkbox"/>	A. Resource Levelling	<input type="checkbox"/>	B. Linking Tasks
	<input type="checkbox"/>	C. Prioritize Projects	<input type="checkbox"/>	D. All of the above
46	What is the primary goal of briefing co-workers and subordinates?			
	<input type="checkbox"/>	A. To increase task complexity	<input type="checkbox"/>	B. To ensure they understand their roles and responsibilities
	<input type="checkbox"/>	C. To minimize task completion	<input type="checkbox"/>	D. To avoid task execution
47	Which of following is included in content of progress report?			
	<input type="checkbox"/>	A. Introduction	<input type="checkbox"/>	B. Work Completed

	<input type="checkbox"/>	C. Work Scheduled	<input type="checkbox"/>	D. All of the above
48	What to do in an emergency or accident?			
	<input type="checkbox"/>	A. Assess using the 3 S's.	<input type="checkbox"/>	B. Assist the emergency services
	<input type="checkbox"/>	C. Both A & B	<input type="checkbox"/>	D. None of the above
49	How often should fire drills be conducted to ensure employees are familiar with emergency procedures?			
	<input type="checkbox"/>	A. Every year	<input type="checkbox"/>	B. Only during office hours
	<input type="checkbox"/>	C. Every decade	<input type="checkbox"/>	D. Never
50	<p>The statement mention in figure.(True/False)</p> <div style="text-align: right;"> </div>			
	<input type="checkbox"/>	A. True	<input type="checkbox"/>	B. False
DGT/VSQ/N0102: Employability Skills (5*4=20)				
51	What is the primary purpose of a business plan?			
	<input type="checkbox"/>	A. To reduce customer satisfaction	<input type="checkbox"/>	B. To increase company expenses
	<input type="checkbox"/>	C. To hire more employees	<input type="checkbox"/>	D. To outline goals and strategies for business success
52	What are the key element of ENTREPRENEURSHIP?			
	<input type="checkbox"/>	A. Innovation	<input type="checkbox"/>	B. Organizing skill
	<input type="checkbox"/>	C. Risk-taking	<input type="checkbox"/>	D. All of the above
53	What do you mean by CTC?			
	<input type="checkbox"/>	A. Cost to Company	<input type="checkbox"/>	B. Cost to customer
	<input type="checkbox"/>	C. Both A & B	<input type="checkbox"/>	D. None of the above
54	What is the difference between a job and a career?			



<input type="checkbox"/>	A. A job is temporary, while a career is long-term	<input type="checkbox"/>	B. A job is part-time, while a career is full-time
<input type="checkbox"/>	C. A job is low-paying, while a career is high-paying	<input type="checkbox"/>	D. A job is entry-level, while a career is advanced