

SAFETY MEETING QUIZ

Name:

Date:

Safety Topic: V4-04 Office Safety – Computer Vision Syndrome

1. Computer Vision Syndrome, also sometimes called _____, describes a group of eye- and vision- related problems that result from prolonged computer, tablet, e-reader and cell phone use.
 - a. Ergonomic Deficiencies
 - b. Digital Eye Strain
 - c. Musculoskeletal Disorder
 - d. Cyber Anxiety
2. Symptoms of computer vision syndrome can vary by individual, but may include
 - a. lower body swelling
 - b. tingling or numbness in fingers
 - c. hyperactivity
 - d. eye strain, dryness, redness or irritation
3. Factors that contribute to computer vision syndrome include
 - a. screen glare.
 - b. viewing a computer at the wrong distance and angle.
 - c. uncorrected vision problems.
 - d. all of the above.
4. A common source of blue light, which can negatively affect vision over the long-term and impair your sleep cycle, is
 - a. night lights.
 - b. rainbows.
 - c. digital screens.
 - d. candles.
5. To prevent eye strain, plan on taking a _____ break every hour.
 - a. 20 second
 - b. 5 minute
 - c. 15 minute
 - d. 20 minute



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ANSWER KEY

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