

# Virtual Reality Hazard Awareness

## Module 4: Ergonomics, Elements, and Noise

### *Activities*

1. Clean \_\_\_\_\_ protection, clean \_\_\_\_\_ glasses.
2. Workers can't keep \_\_\_\_\_ the same \_\_\_\_ \_\_\_\_\_.
3. An employer must post a \_\_\_\_\_ sign indicating that any person entering the workplace or work area risk \_\_\_\_\_ to a noise level that is harmful to hearing- at the \_\_\_\_\_ to any workplace or work area where the noise \_\_\_\_\_ is more than 85 dBA.
4. When it is not reasonably \_\_\_\_\_ to implement sound control measures, or the sound control measures implemented by an \_\_\_\_\_ do not reduce the worker noise exposures to 85 dBA Lex or less, an employer must at the employer's \_\_\_\_\_, provide the worker with the following audiometric test:
  - (i) An initial baseline test as soon as reasonably practicable but not later than 70 days after the worker is initially exposed to that noise level,
  - (ii) a further test at least once every year after the initial baseline test.
5. Most commercial electricians will have hearing loss in one ear or the other from \_\_\_\_\_ drills, chiseling concrete, or another \_\_\_\_\_ noisy task.
6. Be aware of \_\_\_\_\_ that may affect your \_\_\_\_\_. These includes spring and fall freeze, thaw create \_\_\_\_\_ conditions, cold and hot extreme \_\_\_\_\_, rain and snow, ice wind, lightning.

7. Insects- \_\_\_\_\_ and wasps, and being aware of people's \_\_\_\_\_.

8. Working over waterways- \_\_\_\_\_ and \_\_\_\_\_, water temperature.

9. Make sure you are \_\_\_\_\_ appropriately for \_\_\_\_\_, layer appropriately.

10. Pre-shift \_\_\_\_\_ help reduce the risk of an \_\_\_\_.

11. While \_\_\_\_\_ at your work station you can use \_\_\_\_\_ matt.

12. Don't grab the \_\_\_\_\_ to tightly, allow the \_\_\_\_\_ to do the work to avoid an \_\_\_\_.

13. Make sure you are well \_\_\_\_\_ while working, in proper hydration can cause \_\_\_\_\_, injury.

*Extra Credits*

A) Pair Activity:

What is MSI?

---

---

---

---

B) Group Activity

Visit [www.tradeupmanitoba.com](http://www.tradeupmanitoba.com) and select one of the trade talks videos to view. Identify some possible ergonomic issues that may

be prevalent in this trade.

Step 1: Write down the specific MSI hazard you are concern about. Write it on the worksheet. \_\_\_\_\_  
\_\_\_\_\_

Step 2. Why the MSI hazard exists. Write the answer following the MSI hazard you identified. \_\_\_\_\_  
\_\_\_\_\_

C) What are causes of MSI Hazards

Process:

- 
- 
- 
- 
- 
- 

Environment:

- 
- 
- 
- 
- 

Equipment:

- 
- 
- 
- 
- 
- 
- 
- 
- 

Human:

- 
- 
- 
- 
- 

Materials:

- 
- 
- 
-

D) Discussion Questions:

- What are hazards associated with waterways?
- Give examples of ergonomic injuries. How can these be prevented?
- What hazards are associated with exposure to the elements? How do you control them?
- At your workplace, what noise hazards exist and how do you control them?