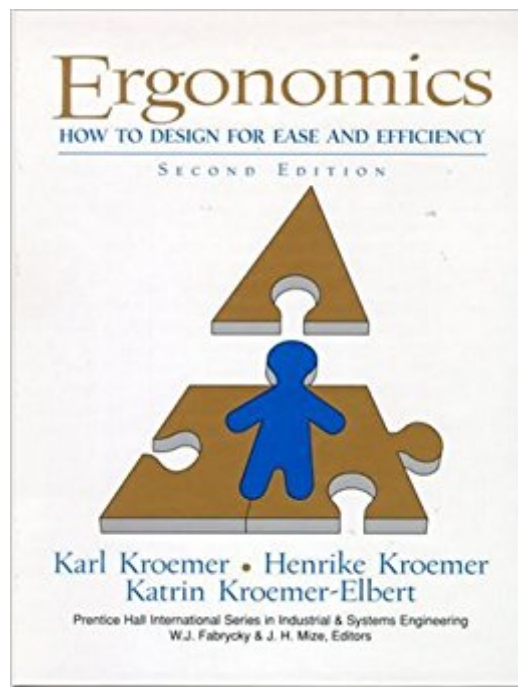




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# Ergonomics: How To Design For Ease And Efficiency (2nd Edition)



## Synopsis

An easy-to-use reference book written by a practicing ergonomics engineer, *Ergonomics: How to Design for Ease and Efficiency* explores the "why" and "how" of human engineering/ergonomics. Topics include Working Under Water, Home Computer Workstation, Data Input Devices, Effective Training for Safe Lifting, Use of Liftbelts. Deals with Space exploration, Work under water, Scuba diving, New ways to communicate with the computer, Avoiding Carpal Tunnel Syndrome and other RSIs, Lift belts in material handling, Designing for "neutral" posture, scheduling work for circadian rhythms and Strenuous efforts at high altitudes. Addresses issues such as cumulative trauma, back problems (lifting), space exploration, design for the handicapped, computer workstations, and others. For readers interested in Human Factors Engineering or Ergonomics.

## Book Information

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## Customer Reviews

A reference book written by a practicing ergonomics engineer, explores the "why" and "how" of human engineering/ergonomics. --This text refers to an out of print or unavailable edition of this title.

An easy-to-use reference book written by a practicing ergonomics engineer, *Ergonomics: How to Design for Ease and Efficiency* explores the "why" and "how" of human engineering/ergonomics. Topics include Working Under Water, Home Computer Workstation, Data Input Devices, Effective Training for Safe Lifting, Use of Liftbelts. Deals with Space exploration,

Work under water, Scuba diving, New ways to communicate with the computer, Avoiding Carpal Tunnel Syndrome and other RSIs, Lift belts in material handling, Designing for 'neutral' posture, scheduling work for circadian rhythms and Strenuous efforts at high altitudes. Addresses issues such as cumulative trauma, back problems (lifting), space exploration, design for the handicapped, computer workstations, and others. For readers interested in Human Factors Engineering or Ergonomics.

Technical body of work that is aging a bit.

The book was used and I paid a lower price. I am happy with the purchase.

Book was referenced in a paper. The book contained the information I wanted, it was a little difficult to find the referenced table.

Good very detailed book!

I need this textbook for my online class. It is like a brand new item because it is a brand new book!

Very detailed and easy to read, for a beginner like myself this was easy to follow, I would recommend this to anyone just learning about HFE.

Great!

Great insight into the field of ergonomics and anthropometrics. It touches upon the medical side of certain applications and provides many everyday examples for practical use.

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