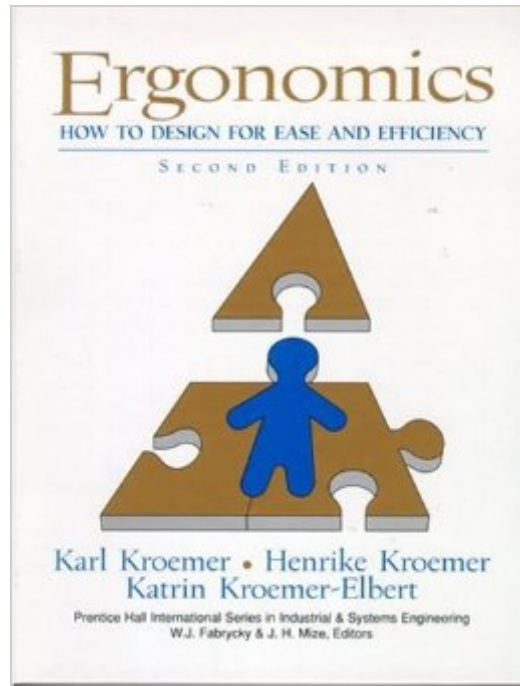


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# Ergonomics: How To Design For Ease And Efficiency (2nd Edition)



## 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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Average Customer Review: 4.5 out of 5 stars See all reviews (12 customer reviews)

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## Customer Reviews

This book was a must-have for one of my engineering classes and the book was extremely expensive through my school's website. I was able to find this book from , at a cheaper price and brand new, as well as received my book a 3 days before my class began. The author used lots of knowledge and illustrations in the book to explain the subject of ergonomics. I can see why this book was chosen as a teaching favorite. Some books can be extremely "dry" with the material, but the authors of this book provided resourceful information to help the student or reader understand. I keep this book handy at my desk library.

Looks like this has been a classic in its field for a long time. It would be difficult to improve on this much science regarding physiology and designing the environment for the human body and mind. There is a lot of information in here, much of it in great detail and technicality, so do not underestimate it by taking the word "ergonomics" lightly as it's been used in the last several decades.

Very well written and provides a comprehensive introduction of ergonomics to the beginner.

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.

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.

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

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