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DON B. CHAFFIN, PhD, is a Distinguished University Professor of Industrial and Operations ...

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Occupational Biomechanics (3rd ed.) Edited by Don B. Chaffin,

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Gunnar B. J. Andersson, & Bernard J. Martin 1999, 579 pages,
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Occupational biomechanics is the scientific study and application of the motor function, coordination, and strength in performing essential job tasks centered around a particular occupation.

Ergonomic measures are designed to facilitate job performance in the context of executing sedentary work and manual labor as necessary. In the workplace, occupational biomechanics serves as the foundation of assessing, implementing, and evaluating physical methods tailored for employees to fulfill duties ...

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Chaffin, D. B., “Biomechanical Modeling for Simulation of 3D Static Human Exertions,” Computer Applications in Ergonomics, Occupational Safety and Health, Elsevier Publishers, B.V., (1992).

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Praise for previous editions of Occupational Biomechanics "This book is a valuable resource for any advanced ergonomist interested in physical ergonomics . . . provides valuable research information." -Ergonomics in Design "[This book] represents a distillation of the authors' combined years of experience in applying biomechanics in various industries and work situations . . . I recommend this book to anyone, regardless of discipline, who is interested in understanding the many biomechanical factors which must be considered when trying to effect the prevention and reduction of musculoskeletal injuries in the workplace." -Journal of Biomechanics "Impressive descriptions of biomechanical concepts and worksite considerations . . . based not only on mechanical and mathematical principles, but on solid anatomical and physiologic constructs . . . a very valuable reference source." -Research Communications in Chemical

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Pathology and Pharmacology THE DEFINITIVE TEXT ON DESIGNING FOR THE DEMANDS OF TODAY'S WORKPLACE With critical applications in manufacturing, transportation, defense, security, environmental safety and occupational health, and other industries, the field of occupational biomechanics is more central to industrial design than ever before. This latest edition of the popular and widely adopted Occupational Biomechanics provides the foundations and tools to assemble and evaluate biomechanical processes as they apply to today's changing industries, with emphasis on improving overall work efficiency and preventing work-related injuries. The book expertly weaves engineering and medical information from diverse sources and provides a coherent treatment of the biomechanical principles underlying the well-designed and ergonomically sound workplace.

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NEW TO THIS THOROUGHLY REVISED AND UPDATED
FOURTH EDITION: * 150 new references and many new
illustrations * Major changes within each chapter that reflect recent
and significant findings * Recent research in musculoskeletal
disorders * New measurement techniques for biomechanical
parameters and numerous international initiatives on the subject
Presented in an easy-to-understand manner and supported by over
200 illustrations and numerous examples, Occupational
Biomechanics, Fourth Edition remains the premier one-stop
reference for students and professionals in the areas of industrial
engineering, product and process design, medicine, and
occupational health and safety.

Presents a complete picture of the emerging discipline of

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biomechanics as it relates to (1) diagnosis and treatment of musculoskeletal problems brought about by overexertion and mechanical strain in the workplace; and (2) the evaluation and design of work to avoid the probability of injurious mechanical stress of a worker's musculoskeletal system.

Reflecting the authors' more than 35 years of combined experience in applying biomechanics in various industries, it presents a comprehensive and accessible examination of the widely scattered literature in this field. As such it explores the biomechanical principles both in the prevention of musculoskeletal disorders in industry and working conditions and worker performance in general. This Second Edition reflects the tremendous amount of rapidly emerging knowledge that has taken place since the

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publication of the earlier volume with a balance struck between introducing new findings and keeping it simple and of a reasonable size.

Occupational Biomechanics, Fifth Edition provides the foundations and tools to assemble and evaluate biomechanical processes. It describes the mechanical side of ergonomics. This revision of a well-established graduate-level text enables the book to stay current with research and development in occupational biomechanics. All chapters are updated to reflect recent data (anthropometry for example). New methods in biomechanics, simulation, movement recording, job analysis, hand activity, and muscle fatigue have been inserted. Rarely used job analysis methods (example: posture targeting) are removed and replaced by more contemporary

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methods (example: Hand Activity Level). Since worker selection is no longer a predominant issue, this part has been removed and the section on administrative controls is developed further. Review questions are updated and/or expanded.

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Every year workers' low-back, hand, and arm problems lead to time away from jobs and reduce the nation's economic productivity. The

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connection of these problems to workplace activities—from carrying boxes to lifting patients to pounding computer keyboards—is the subject of major disagreements among workers, employers, advocacy groups, and researchers. *Musculoskeletal Disorders and the Workplace* examines the scientific basis for connecting musculoskeletal disorders with the workplace, considering people, job tasks, and work environments. A multidisciplinary panel draws conclusions about the likelihood of causal links and the effectiveness of various intervention strategies. The panel also offers recommendations for what actions can be considered on the basis of current information and for closing information gaps. This book presents the latest information on the prevalence, incidence, and costs of musculoskeletal disorders and identifies factors that influence injury reporting. It reviews the broad scope of evidence:

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epidemiological studies of physical and psychosocial variables, basic biology, biomechanics, and physical and behavioral responses to stress. Given the magnitude of the problem—approximately 1 million people miss some work each year—and the current trends in workplace practices, this volume will be a must for advocates for workplace health, policy makers, employers, employees, medical professionals, engineers, lawyers, and labor officials.

In the fifteen years since the publication of *Occupational Ergonomics: Theory and Applications* significant advances have been made in this field. These advances include understanding the impact of ageing and obesity on workplace, the role of ergonomics in promoting healthy workplaces and healthy life styles, the role of ergonomic science in the design of consumer products, and much

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more. The caliber of information and the simple, practical ergonomics solutions in the second edition of this groundbreaking resource, though, haven't changed. See What's New in the Second Edition: Enhanced coverage of ergonomics in the international arena Emerging topics such as Healthcare Ergonomics and economics of ergonomics Coverage of disability management and psychosocial rehabilitation aspects of workplace and its ergonomics implication Current ergonomics solutions from "research to practice" Synergy of healthy workplaces with healthy lifestyles Impact of physical agents on worker health/safety and its control Additional problems with solutions in the appendix The book covers the fundamentals of ergonomics and the practical application of those fundamentals in solving ergonomic problems. The scope is such that it can be used as a reference for graduate students in the

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health sciences, engineering, technology and business as well as professional practitioners of these disciplines. Also, it can be used as a senior level undergraduate textbook, with solved problems, case studies, and exercises included in several chapters. The book blends medical and engineering applications to solve musculoskeletal, safety, and health problems in a variety of traditional and emerging industries ranging from the office to the operating room to operations engineering.

Occupational safety and health professionals have become increasingly concerned with the development of Cumulative Trauma Disorders (CTDs) in workers performing hand-intensive jobs. These disorders, which primarily affect the soft tissues of the musculoskeletal system, are associated with repeated or sustained

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exertions in awkward or static postures, or with a high concentration of stress in the upper extremities. Research conducted at various worksites over the last few years confirmed earlier observations that attributed many of the CTDs to improperly designed work surfaces and/or improper selection of tools that place excessive stress on the tendons, muscles and nerves. In an occupational setting, the recommended intervention is to modify or redesign the job or tool to minimise the sources of biomechanical trauma. Based on the theory that work-related trauma is the principle casual factor, such action should result in a reduced incident of occupational musculoskeletal disorders. The information contained within this manual will help health professionals, workers and employers be more cognizant of the types of work patterns that have potential to cause various CTDs and be aware of the

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ergonomic interventions that can be adopted to reduce these problems in the workplace.

Safety or comfort? Can you truly have one without the other? Is it feasible to have both? Although by no means the only factor, a deep understanding of biomechanics plays a leading role in the design of work and workplaces that are both pain and injury free. Standing firmly on the foundation built by the previous edition, the second edition of Biom