



Ergonomics: A Practical Guide & Companion CD, 2nd Edition

National Safety Council

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This redesigned manual and new resource CD offers a fresh look at the proven, practical knowledge that safety and health professionals need to establish and maintain a successful ergonomics program.

Reformatted for readability and quick reference, the manual serves as a great tool to identify and correct ergonomic problems in the workplace. It discusses how to:

- Analyze work methods and workstations
- Identify and resolve problems
- Implement an ergonomics program that fits the job to the worker to reduce the potential for fatigue, illness and unsafe practices.

The companion CD includes six appendixes and resources to help evaluate and improve your ergonomics program, including printable 8.5 x 11 facility and workstation checklists, questionnaires for evaluation of chairs, and guidelines for choosing an ergonomic consultant.

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