



# Ergonomics: How to Design for Ease and Efficiency (2nd Edition)

*K.H.E. Kroemer, H.B. Kroemer, K.E. Kroemer-Elbert*

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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.

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