CONTENTS

List	of Figures	lX
List	of Tables	xxvii
Foreword Acknowledgments		xxxi
		xxxiii
1	Book Organization By T. Stack	1
2	The Basics of Ergonomics By T. Stack	5
3	Anthropometry By L. Ostrom	21
4	Office Ergonomics By C. Wilhelmsen	77
5	Administrative Controls and Stretch and Flex Program <i>By C. Wilhelmsen</i>	111
6	Elements of Ergonomics Programs By L. Ostrom	121
7	Biomechanics By T. Stack	163
8	Psychophysics By L. Ostrom	181
		vii

9	Hand Tools	207
10	By L. Ostrom Vibration By L. Ostrom	233
11	Industrial Workstation Design By L. Ostrom	247
12	Manual Materials Handling By T. Stack	271
13	Work-Related Musculoskeletal Disorders By T. Stack	283
14	How to Conduct an Ergonomic Assessment and Ergonomic Assessment Tools By T. Stack	327
15	Ergonomics in the Healthcare Industry By L. Ostrom	363
16	Case Studies By L. Ostrom	413
Appendix A Exercises By T. Stack		443
Ap	pendix B Guides By T. Stack	455
Ap	pendix C Tools By T. Stack	471
Glo	Glossary	
Acronyms		509
Inc	Index	