



# **Occupational Biomechanics (Understanding How to Prevent Musculoskeletal Disorders and How to Work and Design Work Tools for Optimal Productivity and Safety) 2nd Edition**

*Don B. Chaffin, Gunnar B. J. Andersson*

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Understand how to prevent musculoskeletal disorders and improve manual working conditions is a concern for employee and employer alike. This landmark text reveals how to work and design work tools and workplaces for optimal productivity. It reflects the heightened worldwide interest in low back pain and upper limb, or cumulative trauma, disorders. Additionally, there is information on the nature of muscle and joint actions, further amplifying the analysis of the physical dynamics of occupational strain. Hundreds of detailed illustrations, review questions at the close of each chapter, and hundreds of references to the literature, richly complement the text's vigorous, well organized look at the complex physics of the body at work.

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