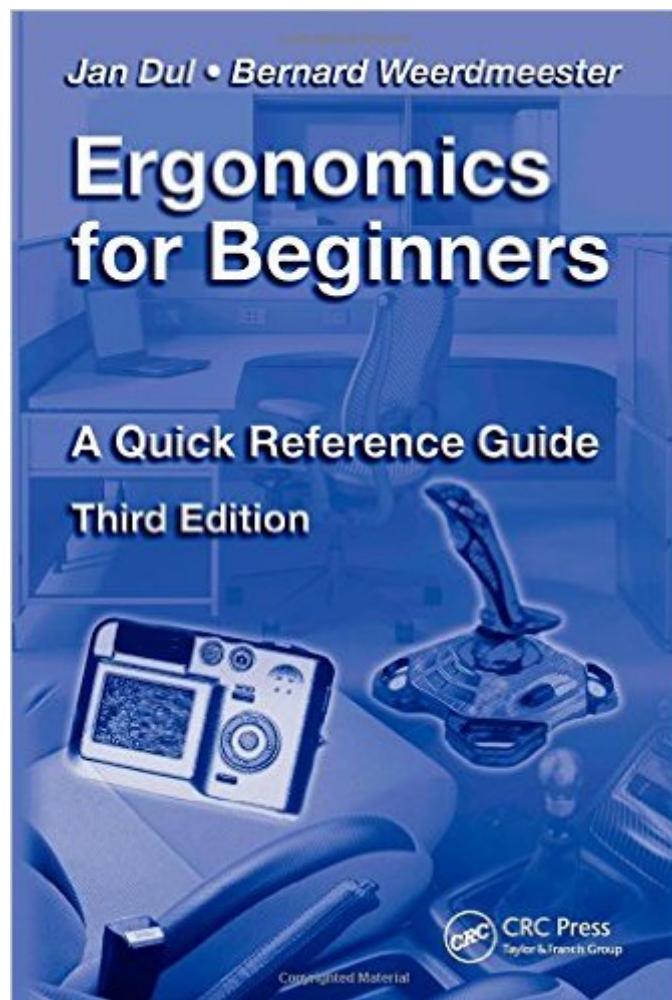


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# Ergonomics For Beginners: A Quick Reference Guide, Third Edition



## Synopsis

Loaded with information on the design of work systems, workplaces, and workstations as well as human anthropometrics, *Ergonomics for Beginners: A Quick Reference Guide, Third Edition* provides a useful quick reference and valuable tool for novices and experienced professionals alike. Retaining the features that made each previous edition a bestseller, the authors have meticulously revised the information to address rapid developments in information and communications technology, offering ergonomics advice on topics such as wireless, remote, and hands-free controls, website design, mobile interaction, and virtual offices. Understand the Utility and Limitations of Modern Technology In their trademark, eloquent style, the authors explain the application of a human-centered approach to the design, testing, and evaluation of work systems by considering the interrelated set of physical, cognitive, social, organizational, and other relevant human factors. Their elemental, but comprehensive, treatment of the subject matter provides an authoritative and archival reference of basic theoretical and practical knowledge that will help enhance human performance and reduce the undesirable effects and unintended consequences of many human interactions with technology and the organizational environment. Small enough to carry along to work sites, with simple and clear illustrations, the book examines how to improve performance and reduce the undesirable effects and unintended consequences of many human interactions with technology and the work environment.

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## Customer Reviews

I picked up a copy of the first edition of this book while working on my master's degree in ergonomics. I found it to be a useful quick reference. Once working as an ergonomist it proved to be a valuable tool. It is small enough to be easy to carry along when going out to work sites. The various illustrations are simple and clear; handy when explaining a concept. I've recommended it to workers, managers and supervisors who wanted a low-cost reference. It is a tool they can use after I'm gone to answer basic questions. In short, if you want one book about ergonomics and are concerned about cost then this one would be an excellent choice.

great book for beginners! lots of wonderful simple to understand images and captions follow. very informative about the requirements of ergonomics in the design field and how it affects products. cheap enough to buy and keep for reference on your own bookshelf - very handy!

Hell of a reference. Recommended as a casual read to anyone interested in Ergonomics.

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