

# SOURCES OF INFORMATION

Several practical sources exist for managers and staff who wish to learn about MSD and ergonomics. The most useful are:

## Books

*Applied Ergonomics Manual*, Ann Arbor: Humantech Press, no date. The publication provides risk assessment guidelines, ergonomic design guidelines, and solutions. This manual was initially developed for Humantech ergonomics seminars. It is often revised.

*Applied Office Ergonomics Manual*, Ann Arbor: Humantech Press, no date. The manual, which is often revised, identifies common ergonomic problems in offices and recommends solutions. More than 100 ergonomic improvements are described in detail, with cost information and selection criteria.

Crouch, Tammy, *Carpal Tunnel Syndrome and Repetitive Stress Injuries: the Comprehensive Guide to Prevention, Treatment, and Recovery*, New York: North Atlantic Books, 1996. The most practical resource for the first-time investigator.

Dull, J and B Weerdmeester, *Ergonomics for Beginners*, London: Taylor & Francis, 1993. This book is the classic illustrated quick reference guide in the field.

Osborne, David J, *Ergonomics at Work, 2nd ed.*, Chichester: John Wiley & Sons, 1987. This publication offers a good historical treatment and description of the structure of the body.

Pascarelli, Emil, *Repetitive Strain Injury: A Computer User's Guide*, New York, John Wiley & Sons, 1994. This guide is an excellent review written by an M.D.

Quilter, Deborah and Robert E. Marison, *The Repetitive Strain Injury Recovery Book*, New York: Walker & Co., 1998. One of the authors is an M.D. The authors address psychological as well as physical ramifications of MSD injuries.

World Health Organization, *Global Strategy on Occupational Health for All*. The document focuses on general principles and policies.

The document is no longer in print, but is available online at [www.ccohs.ca/who/contents](http://www.ccohs.ca/who/contents).

## Web Sites

The *Center for Office Technology* (COT) is a coalition of employers, manufacturers, and associations dedicated to improving the office environment. [www.cot.org](http://www.cot.org).

*Dalhousie University's* Web site offers information to help one assess ergonomics in the office environment. <http://is.dal.ca/~ehs/ergogid>.

*Ergotool* is a site that offers a free analysis of office work environments and recommended solutions. This site is operated by Humantech, an ergonomics consulting firm. [www.ergotool.com](http://www.ergotool.com).

*Ergoweb* offers a great deal of free ergonomics information and tools for analysis for a fee. It is a good starting point for beginners.

The *National Institute for Occupational Safety and Health* (NIOSH) is an excellent site for statistical data and guidelines for lifting. [www.cdc.gov/niosh](http://www.cdc.gov/niosh)

The *Occupational Safety and Health Administration* at [www.osha.gov](http://www.osha.gov) is an excellent source of information about MSDs and guidelines for developing an ergonomics program. The guidelines were to have been mandatory, but were overturned by Congress. The same directives now are a useful voluntary set of guidelines.

The *University of Louisville Center for Industrial Ergonomics* offers a number of useful links to various sites dealing with ergonomics. See the links at [www.louisville.edu/speed/ergonomics](http://www.louisville.edu/speed/ergonomics).

A list of physicians who specialize in treating MSDs who have been recommended by patients. See the list at [www.engr.unl.edu/ee/eeshop/findadoc](http://www.engr.unl.edu/ee/eeshop/findadoc).

The organization also sells ergonomics products at [www.ergoweb.com](http://www.ergoweb.com).