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Introduction to Ergonomics, Third Edition

By Robert Bridger



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The past decade has seen the development and testing of an increasingly large set of ergonomics tools. With new sections in every chapter, the third edition of **Introduction to Ergonomics** describes a representative selection of tools and demonstrates how to apply them in practice. In fully researched, stand alone sections with worked examples, the book provides useful, practical skills for dealing with real-world ergonomic problems. The author's approach is based on a professional model in which specialized skills are backed-up by a good general knowledge of ergonomics. This approach is in accordance with International Ergonomics Association guidelines.

See what's new in the Third Edition:

- Ergonomics Workshop sections in each chapter with worked examples and advice for using problem solving tools
- Guidance for the design of questionnaires, rating scales, and the conduct of surveys applicable across all areas of ergonomics
- Task analysis examples together with a wide variety of ergonomics checklists and design guidelines
- Increased coverage of the role of stress and psychological well-being on the health of workers and on systems safety
- New material for course lectures, examinations, and projects – over 200 essays and exercises
- Glossary of technical terms
- New evidence for the cost-effectiveness of ergonomics in practice
- Advice for further study
- Updated Instructor's Manual

The book's built-in flexibility allows it to be used in a variety of ways. Reading the main text supplies a general overview of ergonomics in action. Delving deeper, the Ergonomics Workshop sections include tutorials and exercises that provide a basic toolkit for carrying out risk assessments and for solving real-world problems. This multi-level organization allows those studying human factors, psychology, industrial engineering, and occupational ergonomics to get both general knowledge and specialized information. The self-contained chapters are also accessible to non-ergonomics professionals who need to know more about the subject.

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Editorial Review

Review

superbly written and unique historical treatise of how the human factors/ergonomics discipline came to be and how it has progressed over the past century. ... a treasure trove of history, mainstay principles, practical examples, and thought-provoking applications for HF/E. This book is an absolute must for professors teaching ergonomics and human engineering at any level. It is replete with concrete examples that make for good didactic lecture material that can incite students to think proactively in implementing design decisions - not only data-based but rooted in workplace practicality. ... I highly recommend that all HF/E practitioners, as well as professors in the field, consider this book as a superb guidance source.

? Gerald P. Krueger, *ERGONOMICS IN DESIGN*, Fall 2010

... a well-known textbook of basic ergonomics now in its third edition. It has a practical, down-to-earth approach to the subject. This new edition has sought to enhance practicability by including an 'ergonomics workshop' in each chapter which gives worked examples and identifies tools or 'instruments' to do specific ergonomic jobs ... Rating, four stars (Buy, read, and keep)

?Andy Slovak, *Occupational Medicine*, February 2011

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