



Occupational Ergonomics: Work Related Musculoskeletal Disorders of the Upper Limb and Back

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Work related musculoskeletal disorders (WRMSDs) are the leading cause of worker impairment, disability, compensation costs and loss of productivity in industrialized countries. The aging of the workforce and the increased diffusion of physically demanding jobs contribute to the widespread concern about musculoskeletal disorders.

The effective prevention of work related musculoskeletal disorders needs a multidisciplinary approach, drawing together experience from backgrounds in engineering, mechanics, physiology, occupational medicine and psychology; all considered in the context of ergonomics.

This book is a collection of lectures on both back and upper limb musculoskeletal disorders presented at an International Course sponsored by the Nordic Institute for Advanced Training in Occupational Health (NIVA), and the University of Bologna in September 1999. The lectures were given by renowned international researchers on the subject and therefore the book provides a comprehensive overview of all critical issues related to musculoskeletal disorders at work. The book forms an update to the latest research in the field and will interest a wide range of professionals and researchers in ergonomics as well as in the fields from which the material is drawn.

The book covers the main topics addressed in dealing with occupational ergonomics including:

- " occupational biomechanics
- * physiology
- * epidemiology
- * psychosocial issues
- * medical diagnosis and management
- * ergonomic solutions

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