



Biomechanics in Ergonomics, Second Edition

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Safety or comfort? Can you truly have one without the other? Is it feasible to have both? Although by no means the only factor, a deep understanding of biomechanics plays a leading role in the design of work and workplaces that are both pain and injury free. Standing firmly on the foundation built by the previous edition, the second edition of Biomechanics in Ergonomics establishes an understanding of gross biomechanical loads on the human system at the tissue level and then brings that understanding through to the whole body level.

Applications for the Real World

Produced under the aegis of editor Shrawan Kumar with contributors who are leading scholars in the field, the book contains unique chapters such as Exposure Assessment Tools and Techniques and Cumulative Load and Models. Also included is a chapter on hand tools, which have a real application to the field of ergonomics.

New and significantly revamped chapters:

- Theories of occupational musculoskeletal injury causation
- Anthropometry and Biomechanics — Anthropometrics
- Mechanical Exposure Assessment in the Design of Work
- Determinant of Muscle Strength
- Biomechanics of Gloves
- The ACGIH TLV® for Hand Activity Level
- Whiplash Injuries — *In Vitro* Studies
- Whiplash Injuries — *In Vivo* Studies
- Models in Manual Materials Handling
- Revised NIOSH Lifting Equation
- Whole Body Vibration
- Cumulative Load and Models

The book dives deep into the biomechanics of the connective tissues before thoroughly covering upper and lower extremities, shoulder and neck, low back, and whole body mechanics. With chapters selected and designed to provide extensive coverage of ergonomically relevant biomechanics, this volume supplies an integrated understanding of the inseparable relationship between ergonomics and biomechanics that can be translated into better safety design and better workplaces.

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