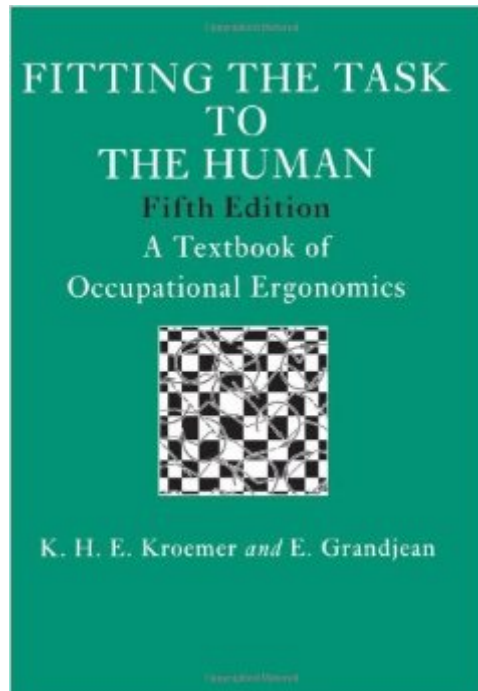


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# Fitting The Task To The Human, Fifth Edition: A Textbook Of Occupational Ergonomics



## Synopsis

Our working conditions have undergone rapid and fundamental changes during the last few years. One example is the widespread use of the individual computer in the shop, office and home. Another major development is that women now hold many jobs that used to be in the male domain, and that many more women choose a life-long occupational career. Workforces, tasks, conditions and tools are changing. Many office and industrial workers are tied to human-machine systems. Repetitive work can create cumulative health problems such as the often reported visual strains, mental stress and physical injury. Proper ergonomic measures can avoid such harmful effects and instead promote health conditions which are both efficient and agreeable. In this latest edition of *Fitting the Task to the Human*, Professor Karl Kroemer has revised and updated the text and data while remaining true to the spirit of Professor Etienne Grandjean's earlier editions. This aim is, as before, to impart basic knowledge of occupational ergonomics in a straightforward and lucid fashion to those responsible for the design, management and safety of people in the workplace, and to those who study it.

## Book Information

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## Customer Reviews

This is one of those books that captures the essentials, to a usable level of depth, for a particular subject- that leads to it becoming a "working book" rather than a "shelf book". I've personally used this book and it's predecessor, to develop day training courses in ergonomics for industry & financial

services sectors. Also, as reference for office, workplace & VDU "quick win" change projects. The contents span: muscular work, nervous control of movements, improving work efficiency, body size, design of workstations, heavy work, handling loads, skilled work, human-machine systems, mental activity, fatigue, occupational stress, boredom, job design to avoid monotonous tasks, working hours and eating habits, night work and shift work, vision, ergonomic principles of lighting, noise and vibration, indoor climate, daylight, colours, and music for a pleasant work environment. Key strengths are the attractive style & use of charts/illustrations, comprehensive supported content, solid biological/physiological science, and sheer usefulness of the material to make small or large improvements in the workplace. This is a very worthwhile purchase for any manager, consultant or student interested in enhancing productivity whilst taking a "human-centred" approach. Recommended highly.

This is an excellent introductory review of ergonomics, written by two of the recognised top authorities in this field of study. It is a strongly recommended starting point for students seeking to orientate themselves in ergonomic science.

Great book. Easy to read. Combines commentary and research nicely. Sometimes you think the data is outdated, but it isn't because it's still valid even after 20 years! It's such an interesting field!

Thanks for the ergonomics textbook. It was delivered in 1 week even though there was a holiday in between. You may want to try a different packaging though next time b/c it was a little ripped when it arrived. Otherwise, good job!

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