



# Introduction to Ergonomics

*R.S. Bridger*

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Introduction to Ergonomics gives a comprehensive introduction to ergonomics as the study of the relationship between people and their working environment and sets out the fundamental principles. This new edition includes updated questions at the end of each chapter, new sections on cost effectiveness of ergonomics and more case studies and an updated reading list. The instructor's manual gives answers to the questions in the book and provides guidance on teaching and assessment. The text provides a new emphasis on the teaching of implementable skills and fits well with the requirements for the registration of ergonomists and provides a balanced introduction of ergonomics for students and professionals.

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