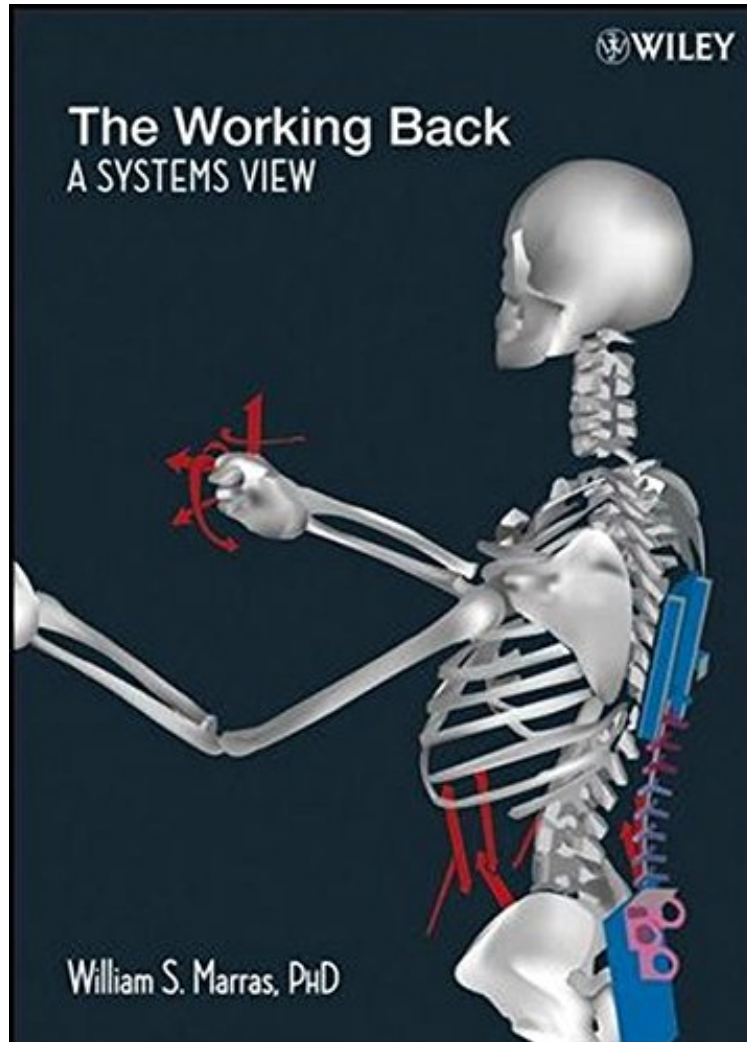


[FREE] The Working Back: A Systems View

The Working Back: A Systems View

William S. Marras

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William S. Marras : The Working Back: A Systems View before purchasing it in order to gage whether or not it would be worth my time, and all praised The Working Back: A Systems View:

A systems approach to understanding and minimizing the causes of low back pain in the workplace Low back pain affects 80% of the population at some point during their lifetime; it is responsible for over 40% of the compensation costs for work-related injuries. This book provides an understanding of the mechanisms influencing low back pain in the workplace and indicates how low back pain might be prevented, saving employers extraordinary amounts in medical costs and protecting workers from the most common on-the-job injury. With a unique, multidisciplinary

perspective that shows how various influences or risk factors can be considered collectively, *The Working Back: A Systems View*: Explains basic concepts in anatomy and physiology that are essential to understanding and preventing low back pain Provides a systems perspective on the occupational causes of back pain, not only addressing factors such as spine loading, but also considering the potential impact of psychosocial and organizational interactions, genetics, and physiology Discusses implementing preventive engineering and administrative controls and integrating risk interventions into the workplace Offers an expert analysis of current medical research on low back pain in one comprehensive, accessible reference This book gives readers the knowledge to assess a work environment and prescribe effective interventions. It is a hands-on reference for ergonomists, manufacturing engineers, process engineers, industrial engineers and managers, safety engineers, nurses, therapists, chiropractors, physicians, and workers with back pain. It is also an excellent resource for graduate or undergraduate students of kinesiology, physiology, ergonomics, physical therapy, nursing, industrial design, engineering, and general medicine.

"Since low back pain is one of the most common reasons for short and long term absence from work, a book which clearly explains its causes and makes practical suggestions for preventing it deserves a wide readership." (The RoSPA Occupational Safety Health Journal, June 2009) From the Back Cover A systems approach to understanding and minimizing the causes of low back pain in the workplace Low back pain affects 80% of the population at some point during their lifetime; it is responsible for over 40% of the compensation costs for work-related injuries. This book provides an understanding of the mechanisms influencing low back pain in the workplace and indicates how low back pain might be prevented, saving employers extraordinary amounts in medical costs and protecting workers from the most common on-the-job injury. With a unique, multidisciplinary perspective that shows how various influences or risk factors can be considered collectively, *The Working Back: A Systems View*: Explains basic concepts in anatomy and physiology that are essential to understanding and preventing low back pain Provides a systems perspective on the occupational causes of back pain, not only addressing factors such as spine loading, but also considering the potential impact of psychosocial and organizational interactions, genetics, and physiology Discusses implementing preventive engineering and administrative controls and integrating risk interventions into the workplace Offers an expert analysis of current medical research on low back pain in one comprehensive, accessible reference This book gives readers the knowledge to assess a work environment and prescribe effective interventions. It is a hands-on reference for ergonomists, manufacturing engineers, process engineers, industrial engineers and managers, safety engineers, nurses, therapists, chiropractors, physicians, and workers with back pain. It is also an excellent resource for graduate or undergraduate students of kinesiology, physiology, ergonomics, physical therapy, nursing, industrial design, engineering, and general medicine. About the Author William S. Marras PhD, is a Professor in the College of Engineering and the College of Medicine at The Ohio State University, a certified professional ergonomist, and a fellow of the American Institute of Medical and Biological Engineers, the Human Factors and Ergonomics Society, the International Ergonomics Society, and the Ergonomics Society. He holds two patents for devices for monitoring motion of the spine. He is an ergonomic consultant for the U.S. Department of Labor, Ford Motor Company, RCA, Honda, and other corporations and associations. He has had over 180 articles published in various medical and ergonomic journals and has coauthored several books on occupational ergonomics. He is currently the chair of the Human Factors Committee within the National Academy of Sciences.