



## Simple Solutions Ergonomics for Construction Workers

By -

Bibliogov, United States, 2013. Paperback. Book Condition: New. 244 x 188 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This booklet is intended for construction workers, unions, supervisors, contractors, safety specialists, human resources managers-anyone with an interest in safe construction sites. Some of the most common injuries in construction are the result of job demands that push the human body beyond its natural limits. Workers who must often lift, stoop, kneel, twist, grip, stretch, reach overhead, or work in other awkward positions to do a job are at risk of developing a work-related musculoskeletal disorder (WMSD). These can include back problems, carpal tunnel syndrome, tendinitis, rotator cuff tears, sprains, and strains. To aid in the prevention of these injuries, this booklet suggests many simple and inexpensive ways to make construction tasks easier, more comfortable, and better suited to the needs of the human body.



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