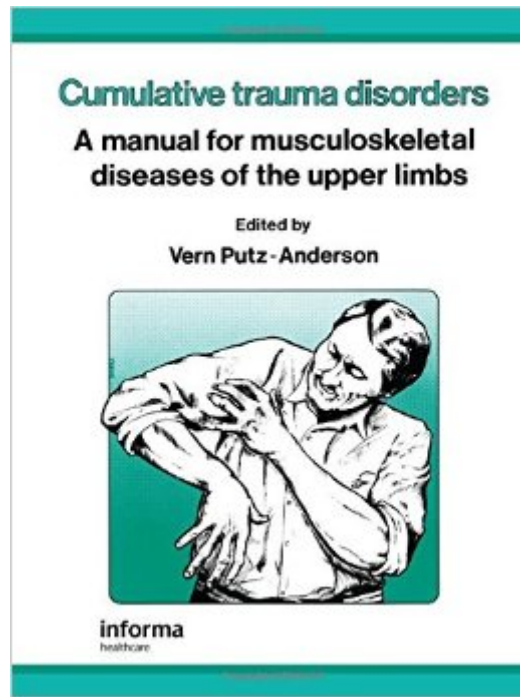


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# Cumulative Trauma Disorders



## Synopsis

Occupational safety and health professionals have become increasingly concerned with the development of Cumulative Trauma Disorders (CTDs) in workers performing hand-intensive jobs. These disorders, which primarily affect the soft tissues of the musculoskeletal system, are associated with repeated or sustained exertions in awkward or static postures, or with a high concentration of stress in the upper extremities. Research conducted at various worksites over the last few years confirmed earlier observations that attributed many of the CTDs to improperly designed work surfaces and/or improper selection of tools that place excessive stress on the tendons, muscles and nerves. In an occupational setting, the recommended intervention is to modify or redesign the job or tool to minimise the sources of biomechanical trauma. Based on the theory that work-related trauma is the principle casual factor, such action should result in a reduced incident of occupational musculoskeletal disorders. The information contained within this manual will help health professionals, workers and employers be more cognizant of the types of work patterns that have potential to cause various CTDs and be aware of the ergonomic interventions that can be adopted to reduce these problems in the workplace.

## Book Information

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## Customer Reviews

This easy-to-understand book helps simplify the complexity of CTDs whether you're an HS&E professional, plant employee or person off the street. It's full of good visuals, practical applications and won't give you a hernia carrying it around! Great training aid to help people understand what's

meant by a "neutral" posture or other technical terminology when you're preparing your next session. Valuable tool to have on your reference shelf. Used it during my undergraduate work and have been using it ever since as a reference tool. Too bad there aren't more like it.

I used this book as a text for a graduate level course in Ergonomics. It is good as a text book and as a reference book for Safety professionals or anyone who wants to prevent back injuries and injuries due to repetitive motion. Especially good for small business owners who need some guidance in preventing injuries from repetition. The binding on the paperback is weak, so some pages in my copy have come loose.

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