



# Cumulative Trauma Disorders: Current Issues and Ergonomic Solutions

*Kathryn G. Parker*

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OSHA frequently requires companies to implement the type of program promoted in Cumulative Trauma Disorders, the first and only book to address both the medical and ergonomic aspects of cumulative trauma. This combination of conservative medical intervention and attention to ergonomic design of jobs creates the long-term cost control that companies are actively seeking. The book presents a down-to-earth discussion of issues facing companies as they try to implement an ergonomic program to control cumulative trauma. It examines cumulative trauma from all angles, paying particular attention to cumulative trauma disorders of the upper extremities. Specific topics addressed include CTD etiology, in-plant control programs, return-to-work concepts, ergonomic stressors and their root causes, and basic guidelines for ergonomic workstation design.

Cumulative Trauma Disorders also explains many of the programmatic features included in the OSHA Ergonomic Guidelines for the Red Meat Industry, which OSHA uses as a means to structure their regulatory activities. This book discusses the rationale and value of implementing program components in the OSHA guidelines as they pertain to the production environment, presenting technical information in a clear, easy-to-read format.

Cumulative Trauma Disorders is an essential book for managers of workers' compensation costs, plant nurses, safety and health technicians and managers, and ergonomic consultants.

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