



## Ergonomic Living: How to Create a User-Friendly Home and Office (Paperback)

By Gordon Inkeles, Iris Schencke

Prentice Hall (a Pearson Education Company), United Kingdom, 1994. Paperback. Condition: New. 640th ed.. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.er\*go\*nom\*ic (er-ga-na-mik) adj: designed to allow people and the things people use to interact in the safest, most effective, and most comfortable manner You work indoors. You re not on your feet all day and you do no heavy lifting. You have escaped from the brutal nature of most human labor. And yet at the end of the day you feel exhausted. You have vague aches and pains that you are embarrassed to mention to your doctor. If you do, the doctor gives you some equally vague advice: take it easy; don t push yourself; get more rest. If that doesn t work, maybe you re a whiner, a hypochondriac. Or maybe you re being attacked by your possessions. Perhaps you ve been making do with a worn-out old mattress in the bedroom, an office chair that won t let you sit up straight, and a computer screen that you struggle to read with your bifocals. You bought a desk and a file cabinet whose colors complement each other perfectly, but you had no idea...



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