

# The Handbook of Ergonomic Design Guidelines

---

## Section One: Human Performance Ergonomics™

Module 1: Ergonomics and the 30-Inch View® .....	3
Module 2: Ergonomic Assessment and Root Cause Analysis .....	19
Module 3: Measurement Techniques .....	43
Module 4: Cost Justifying Ergonomic Improvements .....	65

## Section Two: Ergonomic Design Guidelines

Module 5: Workstations .....	77
Module 6: Manual Material Handling .....	101
Module 7: Hand and Arm Strength .....	131
Module 8: Hand Tools .....	151
Module 9: Access .....	201
Module 10: Environment .....	219
Module 11: Controls and Displays .....	239
Module 12: Laboratory .....	259
Module 13: The Aging Worker .....	271