

1	Ergonomics is no longer just a label used in selling	11
2	office furniture. In the last decade, it has become quite	23
3	an issue to be addressed by labor and management and the	34
4	government in coping with a changing work environment.	45
5	Ergonomics is the study of the link between employees,	56
6	their jobs, and their workplaces. Its application to the	67
7	workplace is to make the tools, tasks, and workstations	78
8	more user friendly for workers. Its goal is to minimize	89
9	injuries to workers while increasing their productivity.	100
10	Businesses often pay out billions of dollars each year	111
11	to compensate for lost earnings and medical expenses that	123
12	are incurred because of workplace injuries. The current	134
13	focus on ergonomics is based on a select group of worker	145
14	injuries, illnesses, and complaints that are coupled with	157
15	poorly designed work settings. The hazards in an unhealthy	169
16	workplace include faulty air circulation, poor lighting,	180
17	and improperly designed workstations. The effect of these	192
18	problems has been linked to complaints of nausea, lethargy,	204
19	headaches, backaches, eyestrain, and stress.	213
20	Recently experts have been studying specific problems	224
21	associated with the workplace. The study analyzes injuries	236
22	to body tissue that progress over time because of regular,	248
23	repetitive motions. The most familiar types of disorders	259
24	of this kind are tendonitis, carpal tunnel syndrome, neck	271
25	pain, lower back pain, and bursitis. These conditions have	283
26	increased to the point that they are considered a major	294
27	health issue for office workers.	300