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Book reviews

Ergonomics For Therapists, Karen Jacobs, Carl M. Bettencourt, Butterworth-Heinemann, 1995, Boston, MA 252, pp. \$34.95

Ergonomics For Therapists was written for occupational and physical therapists who are seeking the fundamentals of ergonomics in the work place. Jacobs and Bettencourt have developed a comprehensive text for the entry level practitioner as well as a reference text for accomplished practitioners.

The book is broken into four components. Part I is a general overview. It provides the reader with a good historical presentation of ergonomic/human factor engineering. The author stresses the importance of knowing the terminology of this specified field of work, as well as informing the new practitioner of the significance of avoiding the 'cookbook' approach.

Part II reports on the knowledge, tools and techniques required for the therapist to use during an ergonomic evaluation. The chapters of this section present the information in a straightforward style, and from many practicing points of view. The basic sciences are reviewed with an easy-to-read format which is useful for therapists who need a gentle reintroduction to the sciences. This will enable therapists to understand all of the components to be analyzed at a work station when performing the ergonomic analysis.

Part III describes four special considerations when performing work place analyses. Lifting testing, the 1991 NIOSH (National Institute for

Occupational Safety and Health) equation for manual lifting tasks, seating and keyboards are described in separate chapters. The above-mentioned areas of consideration are discussed at length in the chapters of part III. Both experienced and new practitioners will continue to use this section for ongoing reference.

Part IV helps the reader apply ergonomics to their practice. The chapters written in this section outline the tools needed to perform a work site analyses and market your new skills to industry. The clinical aspects are supported with case studies which help to bring the whole book into focus.

I would strongly recommend this book for the occupational/physical therapy student as well as therapists developing an ergonomic practice. Keep this book close by, as it will become a frequently used reference.

Eric Young

The Comprehensive Guide to Work Injury Management

Susan J. Isernhagen

Aspen Publishers, Inc., Gaithersburg, MD 12995, Hardback, 821 pp.

This book is designed to serve as a comprehensive reference text on prevention and management of work-related injuries. It provides the

reader with in-depth and contemporary information. Chapters are authored by a diverse cross-section of professionals. As indicated in the preface, this book expounds upon the foundation of concepts established in the prior text, *Work Injury: Management and Prevention* by Susan Isernhagen, PT.

The *Comprehensive Guide to Work Injury Management* is organized into three major sections: work injury prevention, work injury management and administrative concerns. Each major section is preceded by a couple of pages of introduction and is then subdivided into several chapters that are designed to stand alone. Despite this, the book is integrated and organized nicely to flow from beginning to end presenting current philosophies, concepts and methods with references to pertinent research and examples of cases.

The forty-one chapters include topics ranging from ergonomics, job analysis, prework screening, back school, CTS research, safety director role, hand specialist role, chiropractic role, on-site medical and therapy care, early intervention, treatment of low back pain, tests and measurements, functional capacity evaluation, work hardening and work conditioning, communication with

employers, motivation, pain issues, professional testifying, developing occupational health programs, risk management, consulting, workers' compensation, managed care and ADA. The chapters are well-written by professionals highly regarded in their field, and they are well-referenced.

The table of contents is very thorough and detailed for each chapter. A 17-page index is included in the book. Many useful illustrations, charts and examples of document forms are included to enhance readability. The book begins and ends interestingly with statements reflecting opinions of the contributing authors or other professionals regarding work injury management-related issues. These opinions are summarized by Susan Isernhagen to highlight future challenges for professionals working in work injury management.

In summary, this comprehensive and thorough text would be a valuable up-to-date resource for any professional associated with occupational injury prevention or medical management of work-related injuries.

Sandra Parker