- Foreword (p. xi)
- **Preface** (p. xiii)
- Acknowledgments (p. xv)
- 1 Occupational Biomechanics as a Specialty (p. 1)
- 1.1 Definition of Occupational Biomechanics (p. 1)
- 1.2 Historical Development of Occupational Biomechanics (p. 2)
- **1.2.1 Kinesiological Developments** (p. 4)
- 1.2.2 Developments in Biomechanical Modeling (p. 4)
- 1.2.3 Developments in Anthropometry (p. 5)
- 1.2.4 Methods for Evaluating Mechanical Work Capacity (p. 5)
- 1.2.5 Developments in Bioinstrumentation (p. 5)
- 1.2.6 Developments in Motion Classification and Time Prediction Systems (p. 5)
- 1.3 The Need for an Occupational Biomechanics Specialty (p. 6)
- 1.3.1 Epidemiological Support for Occupational Biomechanics (p. 6)
- 1.3.2 Social and Legal Support for Occupational Biomechanics (p. 6)
- 1.3.3 Ergonomic Support for Occupational Biomechanics (p. 7)
- 1.4 Who Uses Occupational Biomechanics? (p. 7)
- 1.5 Organization of The Book (p. 8)
- Review Questions (p. 8)
- References (p. 8)
- 2 The Structure and Function of the Musculoskeletal System (p. 11)
- **2.1 Introduction** (p. 11)
- 2.2 Connective Tissue (p. 11)
- 2.2.1 Ligaments, Tendons, and Fascia (p. 11)
- **2.2.2 Cartilage** (p. 13)
- 2.2.3 Bone (p. 13)
- 2.3 Skeletal Muscle (p. 17)
- 2.3.1 The Structure of Muscles (p. 17)
- 2.3.2 The Molecular Basis of Muscle Contraction (p. 19)
- 2.3.3 The Energy Metabolism of Muscle (p. 20)
- 2.3.4 The Nerve Impulse Causing Muscle Contraction (p. 21)
- 2.3.5 Mechanical Aspects of Muscle Contraction (p. 21)
- **2.3.6 Muscle Fatigue** (p. 25)
- 2.3.7 Quantification and Prediction of Fatigue (p. 26)
- 2.3.8 Age and Gender Sensitivity to Fatigue (p. 28)
- 2.3.9 The Action of Muscles (p. 28)
- 2.4 Joints (p. 30)
- **2.4.1 The Synovial Joint** (p. 30)
- **2.4.2 Joint Lubrication** (p. 31)
- **2.4.3 Osteoarthritis** (p. 32)
- 2.4.4 Intervertebral Discs (p. 32)
- Review Questions (p. 33)
- References (p. 33)
- 3 Anthropometry in Occupational Biomechanics (p. 37)
- 3.1 Measurement of Physical Properties of Body Segments (p. 37)
- 3.1.1 Body-segment Link Length Measurement Methods (p. 37)

- 3.1.2 Body-segment Volume and Weight (p. 39)
- 3.1.3 Body-segment Locations of Center of Mass (p. 40)
- **3.1.4 Body-segment Inertial Property Measurement Methods** (p. 42)
- 3.2 Anthropometric Data for Biomechanical Studies in Industry (p. 45)
- **3.2.1 Segment Link Length Data** (p. 45)
- 3.2.2 Segment Weight Data (p. 46)
- 3.2.3 Segment Mass-center Location Data (p. 48)
- 3.2.4 Segment Moment-of-Inertia and Radius-of-Gyration Data (p. 48)
- 3.3 Summary of Anthropometry in Occupational Biomechanics (p. 49)
- **Review Questions** (p. 49)
- References (p. 51)
- 4 Mechanical Work Capacity Evaluation (p. 53)
- **4.1 Introduction** (p. 53)
- 4.2 Joint Motion: Methods and Data (p. 53)
- 4.2.1 Methods of Measuring Joint Motion (p. 54)
- 4.2.2 Normal Ranges of Joint Motion (p. 56)
- 4.2.3 Factors Affecting Range-of-Motion Data (p. 57)
- **4.3 Muscle Strength Evaluation** (p. 58)
- 4.3.1 Definition of Muscular Strength (p. 58)
- 4.3.2 Static and Dynamic Strength-Testing Methods (p. 60)
- 4.3.3 Population Muscle Strength Values (p. 64)
- 4.3.4 Personal Factors Affecting Strength (p. 68)
- 4.4 Summary and Limitations of Mechanical Work-Capacity Data (p. 70)
- **Review Questions** (p. 71)
- References (p. 71)
- 5 Bioinstrumentation for Occupational Biomechanics (p. 75)
- **5.1 Introduction** (p. 75)
- 5.2 Human Motion Analysis Systems (p. 75)
- 5.2.1 Basis for Measuring Human Motion (p. 75)
- 5.3 Muscle Activity Measurement (p. 84)
- 5.3.1 Applied Electromyography (p. 84)
- 5.3.2 Mechanomyography (p. 88)
- 5.3.3 Intramuscular Pressure (p. 88)
- 5.4 Muscle Strength Measurement Systems (p. 89)
- 5.4.1 Localized Static Strength Measurement Systems (p. 89)
- 5.4.2 Whole-Body Static Strength Measurement System (p. 90)
- 5.4.3 Whole-Body Dynamic Strength Measurement System (p. 91)
- 5.5 Intradiscal Pressure Measurement (p. 91)
- 5.5.1 Measurement Concept (p. 91)
- 5.5.2 Intradiscal Pressure Measurement System (p. 92)
- 5.5.3 Applications and Limitations in Occupational Biomechanics (p. 93)
- 5.6 Intra-Abdominal (Intragastric) Measurements (p. 93)
- **5.6.1 Measurement Development** (p. 93)
- 5.6.2 Measurement System (p. 93)
- 5.6.3 Applications and Limitations in Occupational Biomechanics (p. 94)
- 5.7 Seat Pressure Measurement Systems (p. 95)

- **5.8 Stature Measurement System** (p. 97)
- **5.9 Force Platform System** (p. 97)
- **5.10 Foot and Hand Force Measurement System** (p. 98)
- 5.11 Measurement of Vibration in Humans (p. 99)
- **Review Questions** (p. 100)
- **References** (p. 100)
- 6 Occupational Biomechanical Models (p. 109)
- **6.1 Why Model?** (p. 109)
- 6.2 Planar Static Biomechanical Models (p. 110)
- 6.2.1 Single-body-segment Static Model (p. 110)
- 6.2.2 Two-body-segment Static Model (p. 113)
- 6.2.3 Static Planar Model of Nonparallel Forces (p. 115)
- 6.2.4 Planar Static Analysis of Internal Forces (p. 116)
- 6.2.5 Multiple-Link Coplanar Static Modeling (p. 119)
- 6.3 Three-Dimensional Modeling of Static Strength (p. 121)
- **6.4 Dynamic Biomechanical Models** (p. 124)
- 6.4.1 Single-segment Dynamic Biomechanical Model (p. 124)
- 6.4.2 Multiple-segment Biodynamic Model of Load Lifting (p. 126)
- **6.4.3** Coplanar Biomechanical Models of Foot Slip Potential While Pushing a Cart (p. 128)
- 6.5 Special-Purpose Biomechanical Models of Occupational Tasks (p. 130)
- 6.5.1 Low-back Biomechanical Models (p. 130)
- 6.5.2 Biomechanical Models of the Wrist and Hand (p. 146)
- 6.5.3 Modeling Muscle Strength (p. 150)
- 6.6 Future Developments in Occupational Biomechanical Models (p. 153)
- **Review Questions** (p. 154)
- **References** (p. 155)
- 7 Methods of Classifying and Evaluating Manual Work (p. 161)
- **7.1 Traditional Methods** (p. 161)
- 7.1.1 Historical Perspective (p. 161)
- 7.2 Traditional Work Analysis System (p. 163)
- 7.2.1 MTM: An Example of a Predetermined Motion-Time System (p. 163)
- 7.2.2 Benefits and Limitations in Contemporary Work Analysis Systems (p. 165)
- 7.3 Contemporary Biomechanical Job Analysis (p. 166)
- 7.3.1 Identification of Musculoskeletal Injury Problems (p. 166)
- 7.3.2 Analyzing Biomechanical Risk Factors (p. 168)
- 7.3.3 Specialized Biomechanical Risk Factor Evaluation (p. 170)
- 7.3.4 Emgs in Job Evaluation (p. 179)
- 7.4 Future Impact of Occupational Biomechanics on Work Analysis Systems (p. 179)
- **Review Questions** (p. 180)
- **References** (p. 181)
- 8 Manual Material-Handling Limits (p. 183)
- **8.1 Introduction** (p. 183)
- 8.2 Lifting Limits in Manual Material Handling (p. 184)
- 8.2.1 Scope of NIOSH Work Practices Guide for Manual Lifting (p. 186)

- **8.2.2 Basis and Structure of the 1994 NIOSH-Recommended Weight-Lifting Limit** (p. 187)
- 8.2.3 Example of NIOSH RWL Procedure (p. 188)
- 8.2.4 Comments on the Status of the NIOSH Lifting Guide (p. 189)
- 8.2.5 Alternative Recommendations for Evaluating Manual Lifting Tasks (p. 190)
- 8.3 Pushing and Pulling Capabilities (p. 191)
- 8.3.1 Foot-slip Prevention During Pushing and Pulling (p. 193)
- 8.4 Asymmetric Load Handling (p. 194)
- 8.4.1 Toward a Comprehensive Manual Material-Handling Guide (p. 197)
- 8.5 Recommendations for Improving Manual Material-Handling Tasks (p. 198)
- 8.6 Summary of Manual Material-handling Recommendations and Evaluation Methods (p. 202)
- **Review Questions** (p. 203)
- References (p. 203)
- 9 Guidelines for Work in Sitting Postures (p. 207)
- 9.1 General Considerations Related to Sitting Postures (p. 207)
- 9.2 Anthropometric Aspects of Seated Workers (p. 209)
- 9.3 Comfort (p. 211)
- 9.4 The Spine and Sitting (p. 211)
- 9.4.1 Clinical Aspects of Sitting Postures (p. 211)
- 9.4.2 Radiographic Data (p. 212)
- 9.4.3 Disc Pressure Data During Sitting (p. 213)
- 9.4.4 Muscle Activity (p. 214)
- 9.4.5 Sitting Postures and The Spine (p. 216)
- **9.5 The Shoulder and Sitting** (p. 216)
- 9.6 The Legs and Sitting (p. 217)
- 9.7 The Sitting Workplace (p. 218)
- 9.7.1 The Office Chair (p. 218)
- 9.7.2 The Table in a Seated Workplace (p. 221)
- 9.7.3 Visual Display Terminal Workstations (p. 222)
- 9.8 Summary (p. 223)
- **Review Questions** (p. 223)
- **References** (p. 223)
- **10** Biomechanical Considerations in Machine Control and Workplace Design (p. 227)
- **10.1 Introduction** (p. 227)
- 10.1.1 Localized Musculoskeletal Injury in Industry (p. 227)
- 10.2 Practical Guidelines for Workplace and Machine Control Layout (p. 231)
- 10.2.1 Structure-Function Characteristics of the Shoulder Mechanism (p. 231)
- 10.2.2 Shoulder-Dependent Overhead Reach Limitations (p. 234)
- 10.2.3 Shoulder- and Arm-Dependent Forward Reach Limits (p. 235)
- 10.2.4 Neck-Head Posture Work Limitations (p. 239)
- 10.2.5 Torso Postural Considerations In Workbench Height Limitations (p. 241)
- **10.2.6** Biomechanical Considerations In The Design Of Computer Workstations (p. 242)
- 10.3 Summary (p. 243)

- Review Questions (p. 244)
- **References** (p. 244)
- 11 Hand-Tool Design Guidelines (p. 249)
- 11.1 The Need for Biomechanical Concepts in Design (p. 249)
- 11.2 Shape and Size Considerations (p. 251)
- 11.2.1 Shape for Avoiding Wrist Deviation (p. 251)
- 11.2.2 Shape for Avoiding Shoulder Abduction (p. 252)
- 11.2.3 Shape to Assist Grip (p. 253)
- 11.2.4 Size of Tool Handle to Facilitate Grip (p. 254)
- 11.2.5 Finger Clearance Considerations (p. 255)
- 11.2.6 Gloves (p. 256)
- 11.3 Hand-Tool Weight and Use Considerations (p. 256)
- 11.4 Force Reaction Considerations in Powered Hand-Tool Design (p. 257)
- 11.5 Keyboard Design Considerations (p. 258)
- 11.5.1 Posture Stress (p. 259)
- 11.5.2 Keying Exertion Force Repetition (p. 259)
- **11.6 Summary** (p. 260)
- **Review Questions** (p. 260)
- **References** (p. 260)
- 12 Guidelines for Whole-Body and Segmental Vibration (p. 265)
- 12.1 Definitions and Measurement (p. 265)
- **12.1.1 Definitions** (p. 265)
- 12.1.2 Measurement of Vibration (p. 267)
- 12.2 General Effects of Vibration on Human Beings (p. 269)
- 12.3 Whole-Body Vibration (p. 269)
- 12.3.1 Effects of Low-Frequency Vibration (p. 269)
- 12.3.2 Effects of Middle-Frequency Vibration (p. 270)
- 12.3.3 Biomechanical Effects on the Spine (p. 272)
- 12.3.4 Physiological Responses (p. 273)
- 12.4 Hand-Arm Vibration (p. 274)
- 12.4.1 Transmission of Vibration in the Upper Extremity (p. 274)
- 12.4.2 Hand-Arm Vibration Syndrome (p. 275)
- 12.5 Sensorimotor Effects (p. 276)
- 12.6 Vibration Exposure Criteria (p. 278)
- 12.6.1 Whole-Body Vibration Recommendations (p. 278)
- 12.6.2 Hand-Arm Vibration Recommendations (p. 279)
- 12.7 Control and Prevention (p. 280)
- Review Questions (p. 280)
- References (p. 281)
- **13 Worker Selection, Training, and Personal Protective Device Consideration** (p. 285)
- **13.1 Worker Selection** (p. 285)
- 13.1.1 Introduction To Worker Selection (p. 285)
- 13.1.2 History And Physical Examination (p. 288)
- 13.1.3 Radiographic Preplacement Examination (p. 289)
- 13.1.4 Quantitative Physical Preplacement Screening (p. 289)

- **13.2 Preplacement Training** (p. 291)
- 13.2.1 General Content of Training (p. 291)
- 13.2.2 How Workers Should Be Trained (p. 293)
- 13.3 Biomechanical Aspects of Back Belts (p. 294)
- 13.3.1 Passive Stiffness Effects of Back Belts (p. 294)
- 13.3.2 Abdominal Pressure Effects of Back Belts (p. 295)
- 13.3.3 Reduced Torso Mobility Effects Due to Back Belts (p. 296)
- 13.4 Job Rotation and Psychosocial Stress (p. 296)
- 13.5 Summary (p. 297)
- **Review Questions** (p. 297)
- **References** (p. 297)
- 14 Summary (p. 301)
- **References** (p. 303)
- **Appendix A** (p. 305)
- Part 1 Anatomical and Anthropometric Landmarks as Presented by Webb and Associates (p. 305)
- Part 2 Glossary of Anatomical and Anthropometric Terms (p. 308)
- Appendix B Population Weight and Mass-Center Data (p. 313)
- Table B.1 Segment Weight Values Derived from Regression Equations Using Total Body Weight as the Independent Variable (p. 314)
- Table B.2 Anatomical Location of Segment Centers of Gravity (Center of Mass) (p. 315)
- Table B.3 Segment Moments of Inertia (p. 316)
- Table B.4 Joint Center Locations and Link Definitions (p. 317)
- Appendix C Terms and Units of Measurement in Biomechanics (p. 319)
- Appendix D NIOSH 1994 Tables (p. 331)
- Appendix E Push and Pull Fore Tables (p. 335)
- Appendix F Data Gathering-Job Risk Factors (p. 337)
- Appendix G Some General Web Sites that Complement References in Text (p. 349)
- Index (p. 351)