

# Ergonomics Sites & Resources of Interest



The science of ergonomics is constantly changing and the benefits are becoming more widely recognized by organizations of all types. Subsequently, the amount of available information is growing at an amazing rate. People looking for facts about ergonomics have to sift through a mountain of written material. BioFit can be a valuable resource to help you obtain some of the most up-to-date information available online.

We have a definite interest in ergonomics, especially as it relates to the seated worker. We have previewed the sites listed below and believe they contain information that merits your attention. The sites are grouped into different categories to help you focus on your specific needs. Many of the sites are interrelated and contain links to still other sites you might find interesting.

*Disclaimer: A listing on this document does not constitute endorsement of a product, program or organization by BioFit Engineered Products. These links are strictly to assist in the information gathering process. BioFit is not responsible for content accuracy at any other web site.*

## General Ergonomics

[Ergonomics.org](http://ergonomics.org) (<http://ergonomics.org>)

Site defines ergonomics, posture and the Alexander Technique, a method for altering harmful patterns of posture and movement. Site is dedicated to the exchange of information between the fields of ergonomics and the Alexander Technique. Contains many links to Alexander Technique, and posture and ergonomic sites.

[ERGOWORLD](http://www.interface-analysis.com/ergoworld/) (<http://www.interface-analysis.com/ergoworld/>)

This meta site by Interface Analysis Associates presents a galaxy of Ergonomics and Human Factors material. ERGOWORLD is divided into six main planets: three devoted to ergonomics (office ergonomics, industrial ergonomics, injury prevention/treatment) and three devoted to human factors (HCI/usability, air & ground HF, product design). Other links provide information on products, jobs available, consultants/organizations, university programs and industry events.

[PubMed](http://www.ncbi.nlm.nih.gov/PubMed/) (<http://www.ncbi.nlm.nih.gov/PubMed/>)

PubMed is the National Library of Medicine's search service that provides access to over 11 million MEDLINE citations (dating back to the mid-1960s) and additional life science journal references. PubMed includes links to many sites providing full text articles. "Cubby" service provides a time-saving search feature to store and update searches.

[U. of Michigan Center for Ergonomics](http://www.engin.umich.edu/dept/ioe/C4E) (<http://www.engin.umich.edu/dept/ioe/C4E>)

Site for the Center for Ergonomics at U. of Michigan offers information on current research projects and who is doing them, access to ergonomic tools like software and other training materials, and links to related programs at Michigan as well as other universities. Online resource links include scientific journals and discussion groups.

[ErgoWeb](http://www.ergoweb.com/) (<http://www.ergoweb.com/>)

The Place for Ergonomics since 1994. Site offers volumes of useful information including ergonomics related news, a resource center that provides an introduction to ergonomics and access to Ergoweb-L, the world's largest e-mail discussion list on ergonomics, and an online buyer's guide. Software products, training and consulting services also are offered. Keyword search is available. An Ergonomics Image Gallery contains hundreds of ergonomics related clipart images.

**Safety Online** (<http://www.safetyonline.com/content/homepage/>)

Site is designed as an information resource for occupational safety and health professionals. Heavily oriented to the buying and selling of safety products online. The News & Community section provides useful information. Keyword search is available.

**UC Ergonomics Program** (<http://www.me.berkeley.edu/ergo>)

Site for the U. of California, San Francisco & Berkeley, Ergonomics Program deals with work-related musculoskeletal disorders. Research and Case Studies sections focus on identifying and evaluating equipment designs and work practices that reduce stress and optimize human performance. Services section offers links to many outside resources and contains helpful Computer Use Tips.

**Usernomics** (<http://www.usernomics.com/>)

Site promotes itself as an ergonomics and training reference source. Sections such as Human Factors & Ergonomics, and Safety, Health & Environment offer links to many sites. Also provides links to Meta Sites, Search Engines, Newsgroups, Mailing Lists and Professional Societies.

**UVA/OEHS Ergonomics Program** (<http://keats.admin.virginia.edu/ergo/home.html>)

Excellent information site by the U. of Virginia Ergonomics Task Force includes defining and evaluating ergonomic risks, creating ergonomically correct workstations, and preventing CTDs. Well presented facts are illustrated. While there, be sure to take the Ergonomics Quiz. Contains award-winning WWW links.

**Cornell University Ergonomics Web** (<http://ergo.human.cornell.edu/AHTutorials/chairch.html>)

Site tells users the minimum to expect of an ergonomic chair and offers a link to an ergonomic seating evaluation form.

## Organizations

**American Industrial Hygiene Association (AIHA)** (<http://www.aiha.org>)

The AIHA home page mainly provides information on all aspects of the association and its activities. The Related Sites section does lead to some helpful online resources.

**Board of Certification in Professional Ergonomics** (<http://www.bcpe.org>)

Site provides an introduction to the Board of Certification in Professional Ergonomics, defines an ergonomist, describes the requirements for certification, and allows you to search for a certified ergonomist.

**Ergonomics Society of Australia** (<http://www.ergonomics.org.au/>)

This national site for the Ergonomics Society of Australia was created to provide a gateway to ergonomics information. It provides extensive material on ergonomics, the society itself and how to easily contact an ergonomist in Australia. The site offers a buried link to Ergonomics Australia On-Line, an expanded electronic version of the society's official journal, in the ESA Information section.

**Human Factors & Ergonomics Society** (<http://www.hfes.org/>)

Site contains information on the society, its membership services and professional activities. Offers a late-breaking news section. Publications section is extensive.

**International Ergonomics Association (IEA)** (<http://www.iea.cc/>)

IEA is the federation of ergonomics and human factors societies around the world. Site contains general information on the society, lists many affiliated ergonomic societies, and provides excerpts from issues of the IEA official newsletter.

[International Society of Biomechanics \(ISB\)](http://www.isbweb.org/) (<http://www.isbweb.org/>)

Besides promoting the ISB, the site contains an extensive Information Services section that includes access to software, data files, member listings and literature. Links to the Biomch-L e-mail discussion group, the Biomechanics Yellow Pages, and many other online resources.

[National Safety Council \(NSC\)](http://www.nsc.org) (<http://www.nsc.org>)

Learn more about what the NSC offers in the way of safety, health and environmental resources. Site includes an online library with access to separate web pages for statistics, information on NSC training opportunities, and a variety of literature, videos, software and more at the online shopping area.

## Government Agencies

[Bureau of Labor Statistics](http://www.bls.gov) (<http://www.bls.gov>)

Site provides access to data, surveys and programs, publications and research papers, regional economic information, and links to other statistical sites.

[Canadian Centre for Occupational Health & Safety](http://www.ccohs.ca) (<http://www.ccohs.ca>)

Site promotes safe and healthy working environments through a wealth of information sources. One particularly helpful section provides answers to questions about health and safety topics, including Ergonomics/Human Factors. Provides links to various web databases.

[National Institute for Occupational Safety and Health \(NIOSH\)](http://www.cdc.gov/NIOSH/homepage.html)

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This site offers two great ways to obtain ergonomics related information. By clicking on Safety & Health Topics on the front page, one is able to access all the information on ergonomics and musculoskeletal disorders that NIOSH has available on the Internet. Keyword search also is available. An extensive listing of related web sites is offered as well.

[OSHA Ergonomics](http://www.osha.gov/SLTC/ergonomics) (<http://www.osha.gov/SLTC/ergonomics>)

This is OSHA's web site devoted to ergonomics. Site is divided into Recognition, Solutions, Standards and Additional References sections. Each section contains loads of information.

[Ohio Bureau of Workers Comp Lifting Guidelines](http://www.ohiobwc.com/employer/programs/safety/Ergoliftguide.asp)

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Site focuses on lessening the frequency of recurrent occupational back injuries. Guidelines are useful in developing transitional work programs for employees with back disorders and designing lifting tasks to reduce back claims. This interactive online resource analyzes specific workplace situations. Researchers from Ohio Bureau of Workers' Compensation and Ohio State University developed the guidelines.