



Introduction to Ergonomics

By R.S. Bridger

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Review

"well written and full of up-to-date examples and analogies. [It] has a good mixture of basic and more detailed information that can be used as reference material. It is a very good teaching aid . The suggested essays and exercises are invaluable and will help the novice to think in an applied manner. All in all, I would recommend this book to all wannabe ergonomists." - Ergonomics, Vol. 47, Issue 11, 2004

About the Author

Robert S. Bridger is with the Institute of Naval Medicine in the UK.

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