



# Visual ergonomics in the workplace (Guide Book Series)

*Jeffrey Anshel*

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## **Visual ergonomics in the workplace (Guide Book Series) Jeffrey Anshel**

This easy-to-read introduction to the role of the visual system in the workplace is designed to help many professional ergonomists and human resources professionals to appreciate more fully the relationship between good vision and the efficiency and safety of job performance. It is an accessible account which is illustrated with both low level drawings and technical figures. It also contains up-to-date look-up tables and guidelines and a discussion of related legislation across the international spectrum.; The book begins with a discussion of how the visual system works and an historical perspective of how it has evolved, before moving on to an examination of the specific interaction and functional vision of the eye in the workplace. The role of the VDT monitor is then examined, initially from the viewpoint of its regular interaction with the eye but also in terms of the causes, detection and treatment of VDT-related problems, including computer vision syndrome. Outside the office, a broader perspective of industrial vision is examined, including issues of eye safety and comfort. In the final part of the book a number of areas are discussed in which practical action may be taken to improve conditions for the eye in the workplace. These include environmental, physical and visual factors which can be improved for VDT use and general eye care, many of which are addressed by international standards and legislation.

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