



# The Working Back: A Systems View

*William S. Marras*

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## **The Working Back: A Systems View** William S. Marras

A systems approach to understanding and minimizing the causes of low back pain in the workplace

Low back pain affects 80% of the population at some point during their lifetime; it is responsible for over 40% of the compensation costs for work-related injuries. This book provides an understanding of the mechanisms influencing low back pain in the workplace and indicates how low back pain might be prevented, saving employers extraordinary amounts in medical costs and protecting workers from the most common on-the-job injury. With a unique, multidisciplinary perspective that shows how various influences or risk factors can be considered collectively, *The Working Back: A Systems View*:

Explains basic concepts in anatomy and physiology that are essential to understanding and preventing low back pain

Provides a systems perspective on the occupational causes of back pain, not only addressing factors such as spine loading, but also considering the potential impact of psychosocial and organizational interactions, genetics, and physiology

Discusses implementing preventive engineering and administrative controls and integrating risk interventions into the workplace

Offers an expert analysis of current medical research on low back pain in one comprehensive, accessible reference

This book gives readers the knowledge to assess a work environment and prescribe effective interventions. It is a hands-on reference for ergonomists, manufacturing engineers, process engineers, industrial engineers and managers, safety engineers, nurses, therapists, chiropractors, physicians, and workers with back pain. It is also an excellent resource for graduate or undergraduate students of kinesiology, physiology, ergonomics, physical therapy, nursing, industrial design, engineering, and general medicine.

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