



# Creating the Ergonomically Sound Workplace (From Training to Performance in the Twenty- First Century)

*Lee T. Ostrom*

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From Training to Performance in the 21st Century is a series sponsored by the National Society for Performance and Instruction (NSPI) which provides valuable how-to resources to help trainers, human resource professionals, and human performance technologists improve performance in the workplace. This book is part of the first three-volume set, *Designing the Work Environment for Optimum Performance*, which shows how to fix the workplace, not the worker.

The set provides hands-on tools to help create work environments that support human performance.

Draws on numerous scientific studies and the author's professional experience in assessing real-life ergonomic problems in diverse workplaces nationwide to provide a systematic approach including reproducible checklists and worksheets--for performing ergonomic assessments to identify and correct health hazards at work.

He presents a variety of practical, cost-effective solutions from adjusting chairs, lowering computer keyboards, taking frequent microbreaks, and finding new ways of performing repetitive tasks--for preventing work-related health problems.



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