COMPUTER SAFETY RESOURCES

BOOKS
    This book takes a practical approach to RSI and offers advice about how to find a health professional.

Creating an Ergonomically Sound Workplace, Lee Ostrom (Jossey-Bass Publishers, $41.95, 800/956-7739)

ErgAerobics: Why Does Working @ My Computer Hurt So Much? Perry Bonomo and Daniel Seidler (ErgAerobics, $14.95, 800/689-9199)

    This book explores the physical and psychological ramifications of RSI and offers recovery tips.

    This book is an excellent review of RSI and how to prevent it.

Zap! How Your Computer Can Hurt You and What You Can Do About It, Don Sellers (Peachpit Press, $12.95, 800/283-9444)

WEB SITES
www.tifaq.com
    Typing Injury FAQ: A wide variety of information about RSI

www.cdc.gov/niosh/homepage.html
    National Institute for Occupational Safety and Health

www.osha.gov
    Occupational Safety and Health Administration

www.engr.unl.edu/ee/eeshop/findadoc.html
    List of physicians who specialize in treating RSI, recommended by patients

www.ergoweb.com
www.healthyback.com
www.3m.com/ergonomics
www.neutralposture.com
www.corpmed.com
www.neocon99.com
www.ergosystems.com