



31 May 2010

Announcing a New IEA/ICOH Publication

Ergonomics Guidelines for Occupational Health Practice in Industrially Developing Countries (2010)

Dear Colleague:

The International Ergonomics Association (IEA) and International Commission on Occupational Health (ICOH) are pleased to present the enclosed copy of Ergonomic Guidelines. This resource is designed to assist occupational safety and health professionals, with limited resources, improve workers' health and safety, enterprise productivity and effectiveness through sound ergonomic principles. This is the work product of an international collaboration among recognized ergonomics experts with extensive experience in program implementation.

These Guidelines may be especially useful for enterprises and workers in Industrially Developing Countries (IDCs) to achieve more with less effort and fewer risks to their health and safety.

These are competitive advantages to enterprises that do not have all the resources to implement a full ergonomics program. The cost is €19 or \$25 USD. More copies can be ordered by contacting [IEA and ICOH Website addresses?](#) We will send copies free to organizations doing workshops in IDCs.

Ergonomic Guidelines can help workers and enterprise stakeholders realize their goals of improving safety and health through three important features. First, these Ergonomic Guidelines use a systems approach to analyzing equipment, environment, and work organization. Second, these Guidelines provide a practical process for identifying hazards and risks, assessing and controlling these risks and monitoring progress. Finally, and perhaps most importantly, Ergonomic Guidelines provides practical tools for making real improvements. These include checklists and questions to perform proper assessments, get feedback from people who know the job best, get people to participate, show examples of hazards that people can understand, and 200 well-established principles that can guide change. These methods focus on local solutions and stakeholder participation. This approach has been used successfully with a wide range of projects involving farmers, factory workers, truck drivers, service workers, and home workers. This approach is based on people and enterprises "learning by doing" and can be highly effective in improving peoples' health promotion, which improves enterprise competitiveness.

---

Andrew S. Imada  
President  
International Ergonomics Association

Kazutaka Kogi  
President  
International Commission on Occupational Health