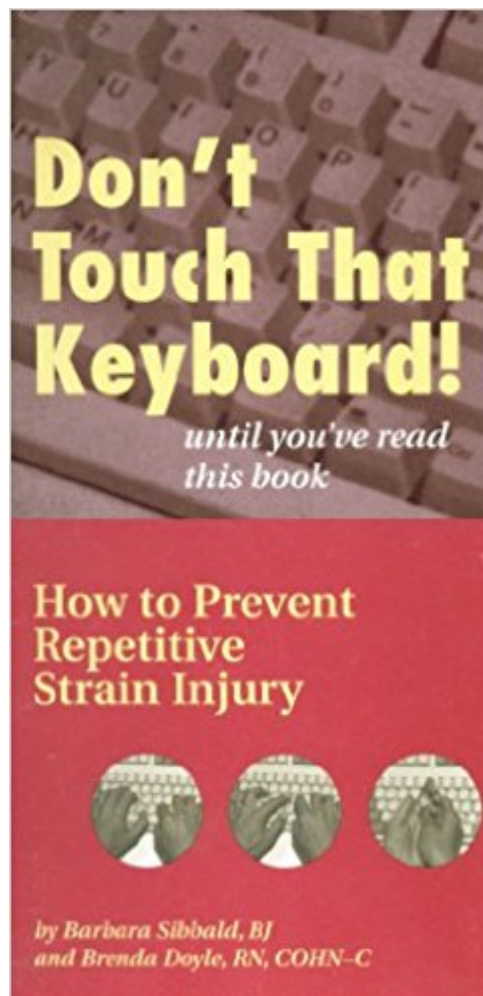




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# Don't Touch That Keyboard! Until You've Read This Book: How To Prevent Repetitive Strain Injury



## Synopsis

Using a computer keyboard can be a high-risk occupation. The seemingly harmless repetition can lead to damaged nerves, pain, lost work-days -- even long term disability. Don't be a statistic. First published by the Canadian Nurses Association, Don't Touch that Keyboard, promotes awareness about this debilitating occupational health hazard and offers concrete advice that can help you prevent, or recover from, RSI. The authors have devised an innovative REST approach to RSI prevention: Relaxation Ergonomics Stretching Typing (& mousing) properly

## Book Information

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## Customer Reviews

A must-have for all businessesâ | The information in this book can help employers avoid the high cost of absenteeism associated with RSI. --The Co-operators Connection, Recommended Reading, December 1999â |the bible for everyone who wants to avoid repetitive strain injuryâ |. The first comprehensive Canadian book aimed at employees themselves, and written in language they can understand. --The Globe and Mail, Dec. 8, 1998A small, inexpensive handbookâ |full of useful informationâ |. Easy-to-read . . . Well written with illustrations and questionnaires, organized and based on sound literature. --The Canadian Journal of Occupational Therapy, April 2000

Author, editor and writer, Barbara Sibbald has specialized in health care editing and journalism for the past six years. She is former assistant editor of The Canadian Nurse/L'infirmière canadienne, and wrote extensively for that journal. During her 15-year career, she also authored a Canadian bestseller about the agriculture industry, edited national and regional magazines, and received two National Magazine awards. A registered nurse for 31 years, Brenda Doyle has been an

occupational health nurse specialist in Ottawa's computer industry for the past decade. Through personal research and professional conferences, she has developed extensive expertise in workstation safety, including employee training and workstation evaluation. She is certified as an occupational health nurse in both Canada and the United States.

Don't Touch That Keyboard! \*until you've read this book  
How to Prevent Repetitive Strain Injury  
An estimated 75,000 Canadians suffer from computer-related Repetitive Strain Injuries (RSI). Don't be a statistic. First published by the Canadian Nurses Association, Don't Touch that Keyboard, promotes awareness about this debilitating occupational health hazard and offers concrete advice that can help you prevent, or recover from, RSI. The authors have devised an innovative, simple REST approach to RSI prevention: Relaxation Ergonomics Stretching Typing (& mousing) properly  
Written by Brenda Doyle, an occupational health nurse who specializes in the high-tech industry, and Barbara Sibbald, a medical journalist and associate editor at the Canadian Medical Association Journal, this book is a must have for every computer-user. It's short (97 pages) and very user-friendly with clear diagrams and self-assessment tools. This inexpensive, useful book has garnered many accolades: "A must-have for all businesses... The information in this book can help employers avoid the high cost of absenteeism associated with RSI." - The Co-operators Connection, Recommended Reading, December 1999 "...the bible for everyone who wants to avoid repetitive strain injury.... The first comprehensive Canadian book aimed at employees themselves, and written in language they can understand." - The Globe and Mail, Dec. 8, 1998 "A small, inexpensive handbook...full of useful information.... Easy-to-read.... Well written with illustrations and questionnaires, organized and based on sound literature." - The Canadian Journal of Occupational Therapy, April 2000 "...full of useful hints on how to set up workstations and on exercise programs." Federation of Medical Women of Canada Newsletter, Winter 2000  
The innovative REST approach, which the authors devised to help simplify prevention and treatment, includes: Relaxation Tight deadlines, intense work schedules and overtime all increase your risk of RSI. More than 20% of working Canadians already suffer from stress. The book explores four paths to the art of relaxation: Slow down & simplify; exercise regularly; deep breathing; and, progressive muscle relaxation.  
Ergonomics Derived from the Greek words for "work" (ergos) and "natural laws" (nomos), ergonomics is the science of fitting the work with the worker's physical needs. Often we do just the opposite - we try to force the worker to fit into the existing work environment. The result? Desks that are too high, uncomfortable chairs and monitors off to one side. Don't Touch That Keyboard! presents a questionnaire to help you determine whether your workspace is ergonomically correct,

plus clear illustrations and concrete information to put you on the path to healthy keyboarding. Stretching Holding your body rigidly for long periods can also contribute to RSI. You can help reduce soreness, tension and fatigue, and bring oxygen-rich blood to muscles, by doing a few simple stretching exercises at regular intervals. The book presents a trio of time-outs including a hand warm-up, a two-minute mini-stretch every half-hour or so and a five to 10 minute maxi-stretch at noon hour, as well as eye exercises. Typing Many keyboard users have bad typing and mousing habits. Pounding the keys, poising the pinkie or thumb in the air, resting wrists, hunting-and-pecking, gripping the mouse - all these are potentially hazardous. Don't Touch That Keyboard! offers illustrations and information that will help you transform bad habits. Order this book today, you won't be disappointed.

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Don't Touch That Keyboard! until you've read this book: How to Prevent Repetitive Strain Injury Rsi: Repetitive Strain Injury : Repetitive Strain Injury, Carpal Tunnel Syndrome and Other Office Numbers (Thorsons Health) End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Dr. Pascarelli's Complete Guide to Repetitive Strain Injury: What You Need to Know About RSI and Carpal Tunnel Syndrome The Repetitive Strain Injury Recovery Book Repetitive Strain Injury: A Computer User's Guide Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook) The Repetitive Strain Injury Handbook: An 8-Step Recovery and Prevention Plan The Repetitive Strain Injury Sourcebook Fibromyalgia, Chronic Fatigue Syndrome, and Repetitive Strain Injury: Current Concepts in Diagnosis, Management, Disability, and Health Economics (Journal of Skeletal Pain, Vol 3, No 2) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain [Paperback] [2012] (Author) Valerie DeLaune LAc, Renee Principe NCTMB OSHA Repetitive Strain Injury Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries: A Self-Care Program Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques The Carpal Tunnel Helpbook: Self-Healing Alternatives for Carpal Tunnel and Other Repetitive Strain Injuries Repetitive Strain Injuries Give your back and arms a break!: A strategy for the prevention of back disorders and repetitive strain injuries Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation The Strain Low Price CD: Book One of The Strain Trilogy The Strain (The Strain Trilogy Book 1)

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