

# WHAT'S NEW IN BOOKS AND FILMS

Glaser

## "Working with VDT's"

Krames Communications

Video display terminals (VDT's) are becoming prevalent in offices and manufacturing facilities as the "Computer Revolution" sweeps across the country. While VDT's can significantly increase workers' productivity, they often bring complaints about eye strain and other physical problems, as well as stress. This eight-page booklet, prepared with the help of a clinical psychologist and other experts, can help VDT workers learn ways to reduce eye strain and tension.

The illustrated, easy-to-understand booklet describes the ergonomics of the ideal VDT work station and gives employees tips on how to make their work stations closer to the ideal. Specific areas covered include good posture, correct hand and wrist placement, proper work distance from VDT's, VDT design, chair design, and proper lighting. Also discussed are the benefits of work area "minibreaks" that keep VDT workers' eyes, minds, and bodies refreshed and energized. Eight exercises that workers can perform at their work stations to reduce muscle fatigue and stress are illustrated.

Cost: 75¢ each, bulk quantity discounts available. Order from: Krames Communications, #312 90th St., Daly City, CA 94015-2621.

## "Standard for Fire Protection of DOE Electronic Computer/Data Processing Systems"

National Technical Information Service

Business interruptions from losses of computer operations resulting from fires can be more costly than fire damage to the computers themselves, points out this document prepared for the Department of Energy's Office of Operation Safety. Thus, proper fire prevention and protection in computer rooms is vital whenever uninterrupted operations are necessary.

The 32-page booklet pulls together numerous standards, guidelines, and recommended practices for computer room fire protection. Included are sections on: construction, separation, and environmental control of computer areas; construction of computer components and cables; fire protection system requirements and components; storage and protection of records; and fire emergency organizations and operations. Appendices discuss smoking restrictions and reconditioning of damaged computer equipment; photographs illustrate typical fire damage in computer facilities and proper fire prevention/protection systems.

Cost: \$8.50 paper copy, \$4.50 microfiche. Order from: U.S. Dept. of Commerce, National Technical Information Service, 5285 Port Royal Rd., Springfield, VA 22161.

## "Back to Basics for Safety Lifting"

The Bureau of Business Practice

Champion body builders Judi Dwyer Benz and Anita Gandol declare that even though the back plays a critical part in getting workers through the work day, they usually don't take as good care of it as they do the machines and equipment they use. This 20-minute color film, available in 16mm film and UMATIC, VHS, and BETA videocassette formats, show workers the most common causes of back injuries and how to avoid them, and emphasizes effective exercises for strengthening back muscles.

The film utilizes a variety of work settings — such as the loading dock, warehouse, and office — to demonstrate common lifting and work errors, and provides step-by-step instructions on how to use the right body mechanics to avoid back trouble. Judi and Anita also show a series of exercises that increase back strength and flexibility, helping workers to avoid sprains and strains.

Cost: \$475. Order from: Bureau of Business Practice, 24 Rope Ferry Road, Waterford, CT 06386.

## "Safety and Health Practices of Multinational Enterprises"

International Labor Office

In the wake of the toxic gas leak in Bhopal, India that killed more than 2,500 people, many people are asking questions about the safety and health practices of companies with operations in both industrial and developing countries. This 90-page book, which resulted from studies of eight multinational firms' safety and health practices, focuses on their role in developing adequate safety and health information and transferring it to their subsidiaries and other relevant institutions in host countries. Topics discussed include safety and health legislation and regulations in home and host countries, communications between parent companies and subsidiaries, communications between multinationals and the governments of host countries, and labor organizations in host countries.

Cost: \$10. Order from: International Labor Office, Washington Branch, 1750 New York Ave., N.W., Washington, D.C. 20006.



Style 770

Style 768

# The Lightweight Champions

Technical breakthroughs in materials and design make the *Plus 75*™ models from Iron Age the most durable and comfortable work boots you'll find with steel toe protection and about half the weight of ordinary boots.

First, the polyurethane sole and heel are made up of thousands of tiny air pockets which improve flexibility and cushioning while greatly reducing mass and weight. And the sole and heel unit is *permanently* bonded to the upper with high pressure molding equipment—it fuses sole and upper into one unit that won't wear apart or pull apart.

The *Plus 75* also features Iron Age's patented *Freedom Toe*™ which is roomier and more comfortable than other steel toe caps. And the *Plus 75* is fully lined with soft, breathable Cambrelle, the liner

that absorbs perspiration so that feet stay cool in summer, warm in winter.

You don't need a heavyweight work boot to get superior steel toe protection. You just need the rugged, comfortable *Plus 75* work boot from Iron Age. Iron Age Protective Company, 2406 Woodmere Drive, Pittsburgh, PA 15205.



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