



# **Ergonomic Mis-Adventures: An Awesome Guidebook for Injured Workers & Ergo Pros**

*Ian Chong CPE*

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FINALLY, an AWESOME and witty guidebook for workers in pain and Ergo pros of any level. Geared to enlighten and inspire both. No boring textbook, No big words. No scientific jargon. Just entertaining adventures and stories showing REAL ERGONOMICS, also exposing its "DARK or SAD SIDE".

Entertaining and informative by way of showing successful case studies, it includes concepts and examples showing you how to take control of (your) work related pain, fix it and get on with your life. GOOD, BAD & UGLY AND SOMETIMES STUPID ERGONOMICS REVEALED!!! A tear out sheet with Professional Super Secrets and methods for you to help control your occupational injury. If you have work related pain or want to help someone who does, you'll enjoy the adventure.

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