



Sitting on the Job: How to Survive the Stages of Sitting Down to Work

Scott W Donkin

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No longer does the sedantry worker have to suffer from tingling or aching hands, neck or back pain, headaches or fatigue that can be so debilitating. The author details in this book the many variables that must be considered so that workers who sit for many hours a day can function effectively in a supportive and healthy work environment. Dr Donkin discusses all the possible physical ailments and conditions that can arise form poor working conditions and then offers ways to cure or prevent them.

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