

Understanding Ergonomics

Ergonomics (or human factors) is the science of interactions among humans and other elements of a system, and the profession that applies theory, principles, data, and methods to design in order to optimize human well-being and overall system performance. It can be further divided into 3 areas.

1 Cognitive

Cognitive Ergonomics is concerned with mental processes. It affects interactions with humans and other elements of a system.

MENTAL PROCESSES

reasoning
motor response
memory perception

AFFECTED AREAS

mental workload
decision-making
skilled performance
human reliability
training
work stress
human-computer interaction

2 Physical

Physical Ergonomics is about the human body's responses to physical and physiological work demands. Musculoskeletal disorders are a common type of workplace injury in this category.

AFFECTED AREAS

physiological
anatomical
anthropometric
biomechanical

3 Organizational

Organizational Ergonomics includes work design, communication, team resource management, and other socio-technical systems such as organizational structures, policies, and processes.

AFFECTED AREAS

telework	participatory design
teamwork	quality management
work design	resource management
communication	community ergonomics
cooperative work	design of working times

BORN OF MANY DISCIPLINES

Ergonomics draws on a variety of different backgrounds.

anthropometry kinesiology biomechanics

industrial engineering mechanical engineering

psychology industrial design physiology

Learn how Fit For Work can help create and implement your Ergonomic Program

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