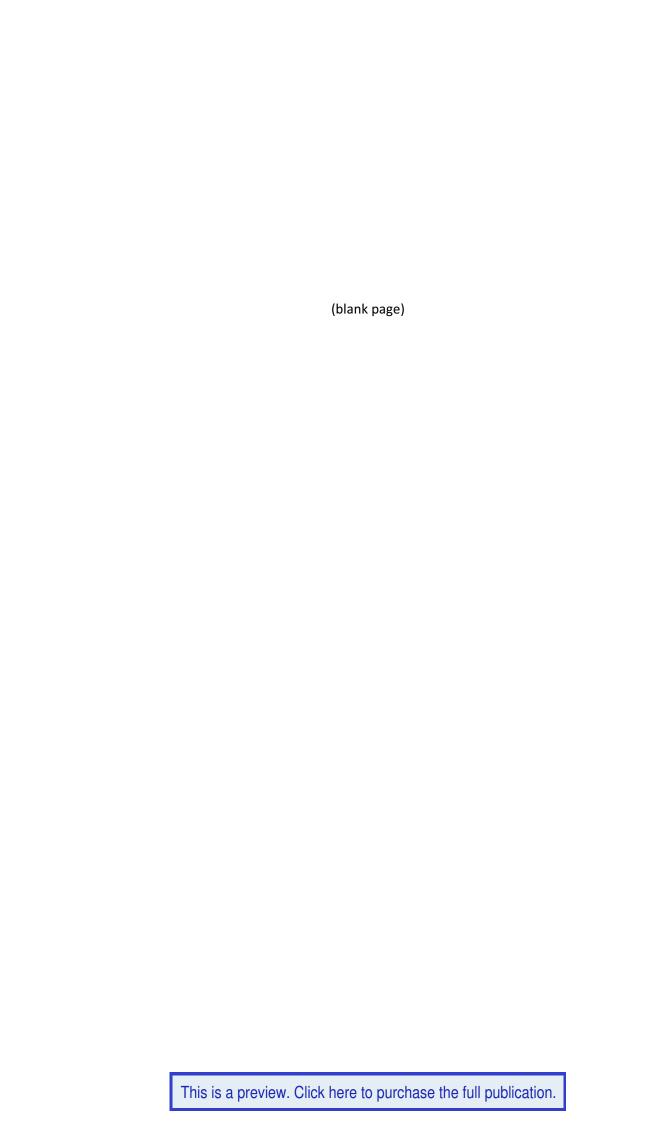
Handbook

Ergonomics—
The human factor

A practical approach to work systems design



STANDARDS AUSTRALIA

RECONFIRMATION

OF HB 59—1994

Ergonomics—The human factor—A practical approach to work systems design

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PREFACE

This Handbook has been prepared as a basic guide to the subject of ergonomics. It is not intended for use as a definitive reference source, since a number of excellent texts on the subject have already been published. However, for those who do not need to acquire a more comprehensive treatment, this handbook will prove useful.

Ergonomics is a design philosophy which studies the three-way interactions between people, the equipment they use at their workplaces, and the environment within which the people, and equipment are placed. Its object is to design both the workplace and the environment in such a way that the most efficient use is made of human capabilities, without exceeding human capacities.

To fully understand the limitations of the human body, ergonomists need to have a working knowledge of anatomy, the ability to perceive the forces at work on the body, and a knowledge of the psychological, as well as the physiological, needs of the individual within a work system.

The practitioners of ergonomics come from a wide variety of backgrounds—the sciences, engineering, medicine, and psychology. The subject forms the basis (or at least a part) of an increasing number of courses available within a number of colleges and universities across Australia, and indeed the world.

Appendix A lists the documents referred to in this Handbook together with related documents for further reading.

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