

A Short Note on Ergonomics and its Significance

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DESCRIPTION

Ergonomics is the science of designing environments to take into account the physical and psychological impacts that are naturally exerted on humans. It is driven by the understanding that people's behaviour and productivity are heavily influenced by their work environment. The concept of ergonomics was first popularized in 1932 after studying aircraft pilots who were experiencing serious injuries due to long hours of sitting in cramped cockpits. It is now widely accepted that human beings are not well designed for office environments. Having to stand or sit for prolonged periods, often with back pain, can have an extremely negative effect on the functioning of the body. There are many industries that have taken into account ergonomics in their manufacturing techniques and designs. These include automobiles, airplanes, chemical labs, fabrication plants, kitchens and industrial work spaces.

It has evolved into an important science that drives the design of many of the products that we use on a daily basis. However, with most industries having adopted ergonomic principles in their designs, there is often not much room for improvement left. For instance, most adults spend the majority of their day sitting in front of a computer or driving to and from work. This leaves little room for improvement in terms of ergonomics in these professions. There are still activities, however, that have not been implemented into ergonomic designs. These are typically the most dangerous jobs, usually involving handling sharp objects or working with chemicals.

Ergonomics Design provides a great deal of strength in the context of dealing with the human body. The human body is not

well designed for sitting for extended periods of time, which can have negative effects on health. It has evolved into an important science that drives the design of many of the products that we use on a daily basis. However, with most industries having adopted ergonomic principles in their designs, there is often not much room for improvement left. For instance, most adults spend the majority of their day sitting in front of a computer or driving to and from work. It can be used to reduce injury and improve physical performance. The better you use ergonomics, the happier your employees will be. The opinions of your employees are important and you can take advantage of them using ergonomics. Ergonomics will create a safer work environment and raise awareness.

After studying the response of a specific group of people to the environment, people who design with ergonomics in mind try to come up with the best possible system or product design. People who work with ergonomics apply the general principles of industrial engineering, psychology, anthropometry, human measurement science, and even biomechanics to adapt certain designs of products or jobs to people's constitutions and strengths and weaknesses.

Ergonomics draws on many disciplines in human and environmental research, including anthropometry, biomechanics, mechanical engineering, industrial design, industrial design, information design, kinesiology, physiology, cognitive psychology, industrial and organizational psychology And space psychology. Moreover, it is required to perform advanced research on many ergonomics applications to resolve complex problems of those which are not resolved yet in the field of ergonomics.

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