

# Human factors and Ergonomics: Importance and Execution

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## INTRODUCTION

The application of human factors in the engineering and product designing is the one of the greatest use at the level of physiological and psychological. Its main aim is to increase the human productivity and to erase out the human error via the enhancing the safety and the luxury with the specific specialization in the interaction among the human and the thing of interest. It is a combination of engineering, biomechanics, sociology, psychology, anthropometry, user interface design, physiology, interaction design and visual design. It applies scientific methods on human behaviour to achieve the four goals.

Human factors are used to satisfy the goals of occupational health and safety and productivity. IT is concerned with design of things like safe furniture and easy to use interfaces to equipment and machines. It is at most important for the specific and proper ergonomic design as to eradicate the repetitive strain injuries and the disorders related to the musculoskeletal. Correct Ergonomics designs are very essential to maintain good musculoskeletal system, in case of failure of maintaining these designs it might lead to disorders.

Every year 1.8 million U.S. workers experience WRMD's and nearly 600,000 of the injuries are which are suffered are critical and has become a cause to stop their daily earning. Taking all these factors into consideration, innovative infrastructure is

being designed like height adjustable desk.

Cognitive ergonomics deals with mental processes which include memory, perception, reasoning and motor response, it might affect the individual's ability to interact with the surroundings. These days even the organizations are working on these factors and have been bringing innovative thoughts into the implementation

Ergonomics is making job to properly set to the person and cause no harm to him. Implementing ergonomic solutions can make employees easier and increase productivity. Ergonomics is vital because when you're doing employment and your body is stressed by a clumsy posture, heat or repeated movement your system is affected. Your body may begin to possess symptoms like fatigue, discomfort and pain, which may be the primary signs of a musculoskeletal disorder.

Ergonomics is very essential as a person needs to perform work or occupation in order to get his bread, so one should not get sick doing it and ergonomics ensures it.

## CONFLICT OF INTEREST

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.

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