

## Significance of Ergonomics Studies and Anthropology

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### DESCRIPTION

Human beings are the most intellectual of all living species. They used to find out comfort in any work they wanted to perform. Humans attempts to make the work done as comfortable as possible so that the effectual work environment they develop for themselves yields the required results. This is when ergonomics comes into play. Ergonomics is described as the study of work and working environments that focuses on the people who perform it and how it is done in order to increase people's efficiency. In addition, emphasis is placed on the location of labour, the tools and equipment employed, and the psychological components of the scenario.

The study of Ergonomics is concerned with the term "work" in its occupational sense, which implies some level of skill or effort. The User-centred design principle describes the ergonomic method for designing. It is taken into consideration by stating that in order for an object, system, or environment to be necessary for human use; its design must take into account the physical and mental qualities of its human users. For the work to be completed efficiently there must be a good fit between the product and its user. Ergonomics has been focused mainly on three areas: (a) Man-Machine System Design (b) Consumer Goods and Service System Design (c) Workplace Environment Design.

Humans interact with the outside environment in order to improve operating efficiency and safety. This can be investigated by "human factors". This aids in improved acceptance of the work in order to see improvements in the user's experience. The study of physical measurement and the systematic measurement of dimensional descriptors of the human body is anthropometry. Over the last decade, ergonomics research has raised interest in work technology and furniture design based on biomechanics of the human body. Anthropological data is being employed in industrial design, apparel design, architecture, and even fashion design. Statistical data regarding a population's distribution of

body dimensions is used. In this paper a general overview on the significance as well as application of ergonomics and anthropometric data is explained.

It is observed that ergonomics has been used in several applications such as healthcare, agriculture, manufacturing, furniture, etc. [1-4]. Due to the rapid expansion of the population worldwide, especially in India, it is critical to manage healthcare systems effectively in order to ensure good health among individuals. As a result, medical workers must be able to complete jobs quickly and efficiently, which ergonomic work solutions may help them do. As shown in the preceding literatures, only a few kinds of healthcare professionals have been chosen for investigation.

Surgeons who conduct crucial jobs must also be assessed in terms of their use of ergonomic equipment and procedures. According to the literature, categorization has begun to emerge in a few areas, which will eventually lead to a large-scale use once percentiles on diverse anthropometry measurements evolve. Furthermore, understanding and advantages of ergonomic design must be raised among health-care workers through media, courses, and other means. As a result, there might be a huge opportunity for such a sector to rise to prominence.

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