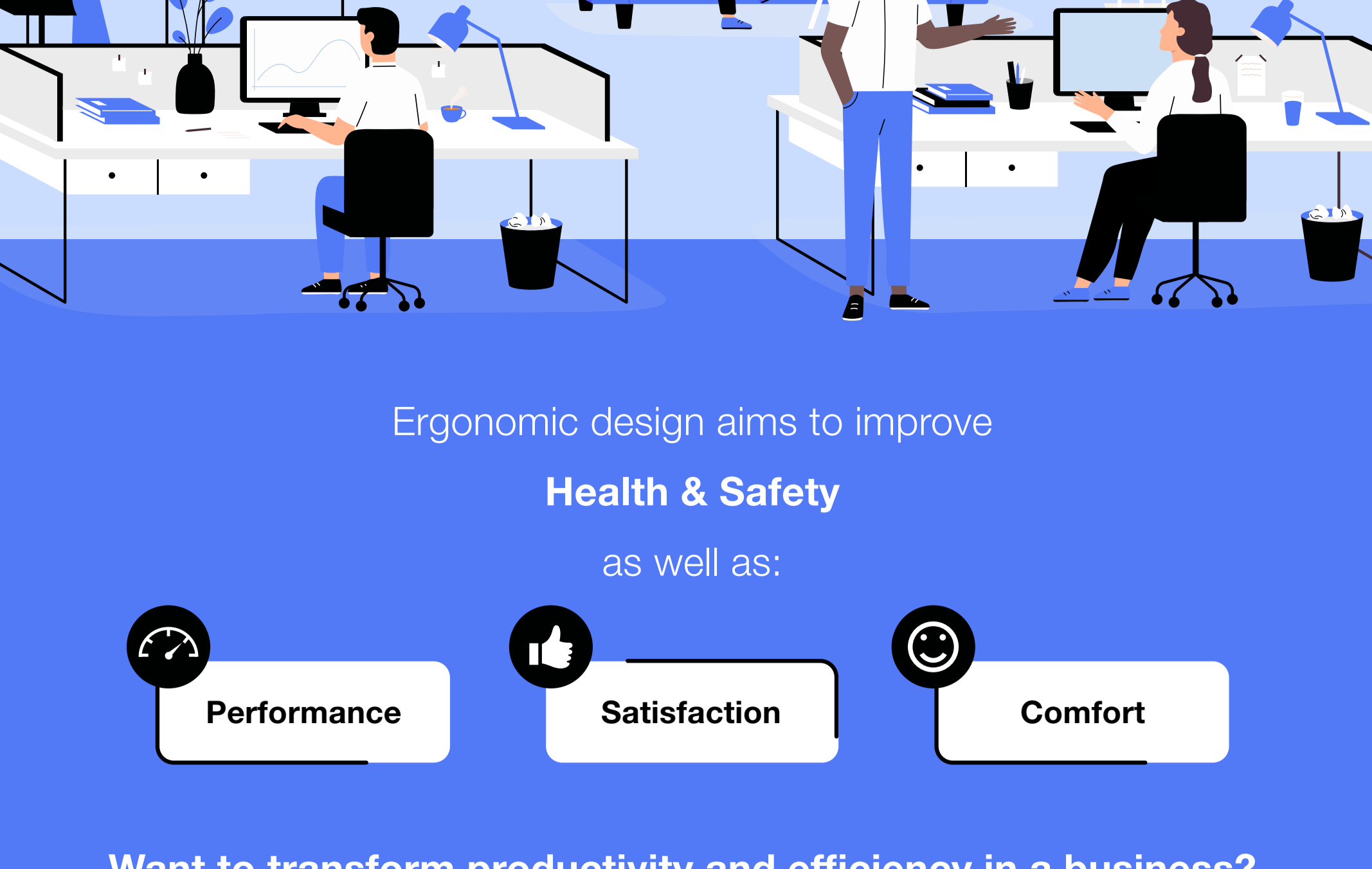


Ergonomics – is it all about health?



Ergonomic design aims to improve

Health & Safety

as well as:



Performance



Satisfaction



Comfort

Want to transform productivity and efficiency in a business?



Take an ergonomic approach

Ergonomics puts **humans** at the heart of design

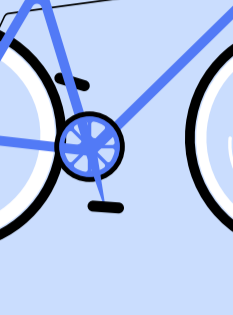
Giving us the right tools, processes and systems to do our jobs makes us more efficient and reduces our error rate.



Undistracted by pain or discomfort



Not frustrated by small process delays



Smooth, speedy processes



Example

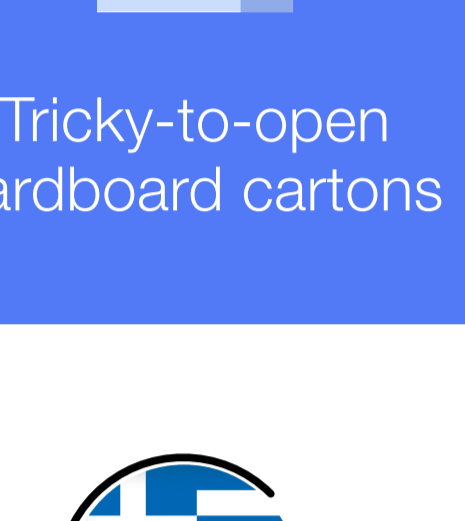
IT workers, designers, and engineers can achieve up to a

42% increase in productivity

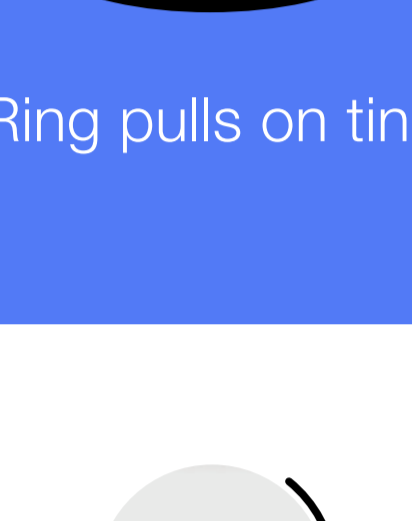
through the use of multiple monitor displays.

Jon Peddie Research with 1,000 end users

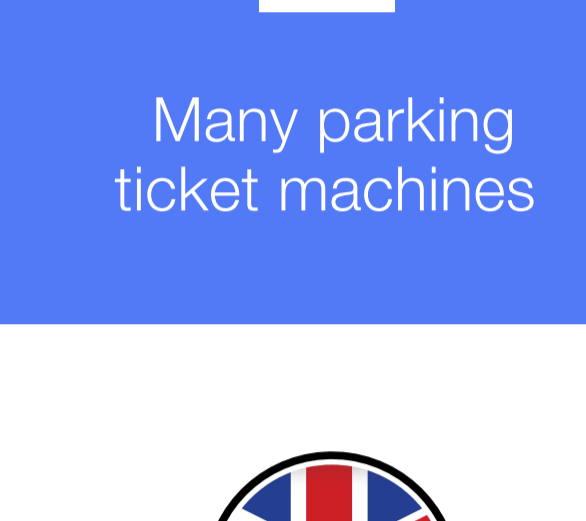
Many humble objects in our daily lives have been designed for efficiency and to fit the end user



The wide grip of this vegetable peeler reduces muscle effort and is designed for comfort and safety.

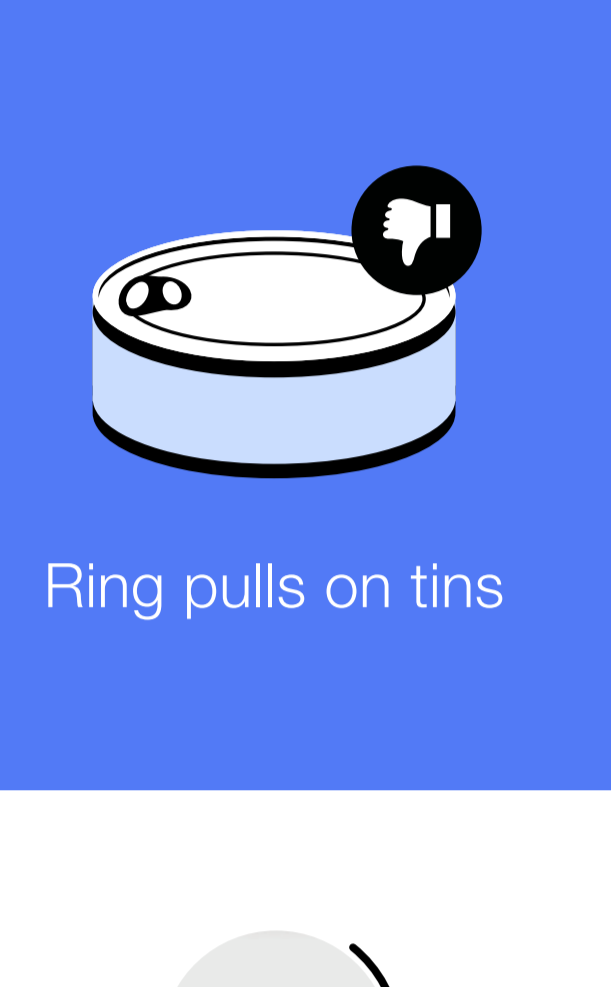


Evenly distributes the weight close to your spine. Allows good body mechanics to reduce the forces on your body.



Parts are arranged so that rider and bicycle interact efficiently.

"Am I the end user of this lead?"



"Sorry Sid, the ergonomics of this tool is focused on the **human** use"

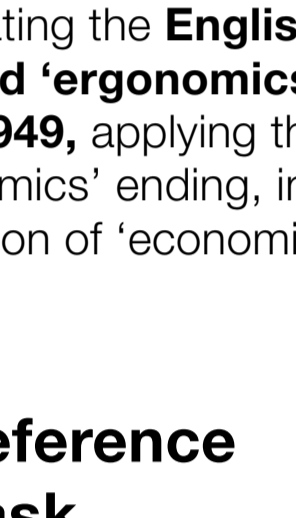
Some inefficient products seem to be hanging around!



Tricky-to-open cardboard cartons



Ring pulls on tins



Many parking ticket machines



The word **'ergonomics'** comes from two Greek words:
Ergon = work
Nomos = natural law

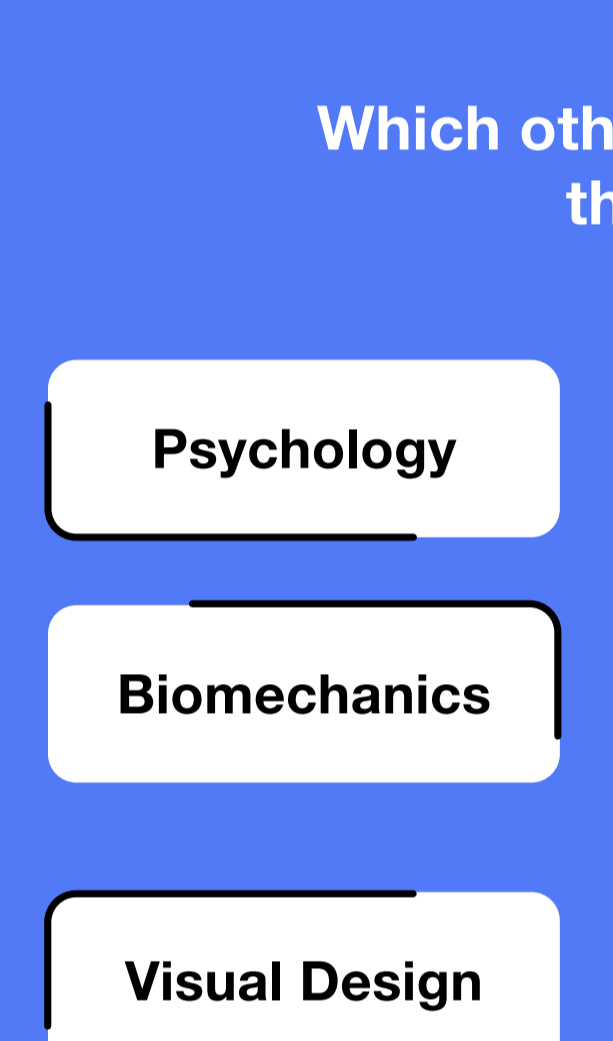


First use of the word **'ergonomics'** can be traced back to Professor Jastrzebowski in **Poland in 1857**



British psychologist Professor Murrell is credited with officially creating the **English word 'ergonomics' in 1949**, applying the 'nomics' ending, in imitation of 'economics'

The 'work' part of the word is not so much a reference to employment, but the completion of a task.

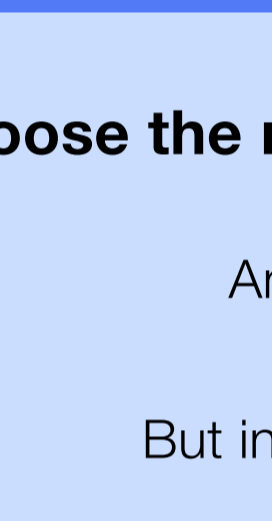


For inventors, ergonomics is vital

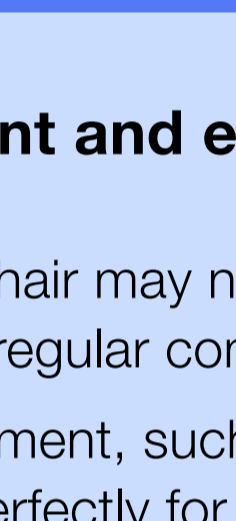
When product developers at Apple created a (potentially unexciting) new Macbook power connector, they designed the connector to be magnetically detachable - the device doesn't get dragged across the desk if someone trips over the cable. It also makes a pleasant click when you plug it in.

The object's purpose was just to provide electricity, but that was put into how a human would interact with it. That's smart, satisfying and ergonomic.

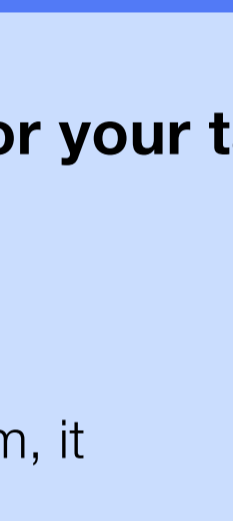
Ergonomics will be integral to new product development, alongside:



Aesthetics



The market



The budget

Which other disciplines come into play in the field of ergonomics?

Psychology

Sociology

Engineering

Biomechanics

Physiology

Interaction Design

Visual Design

System Design

User Interface Design

User Experience

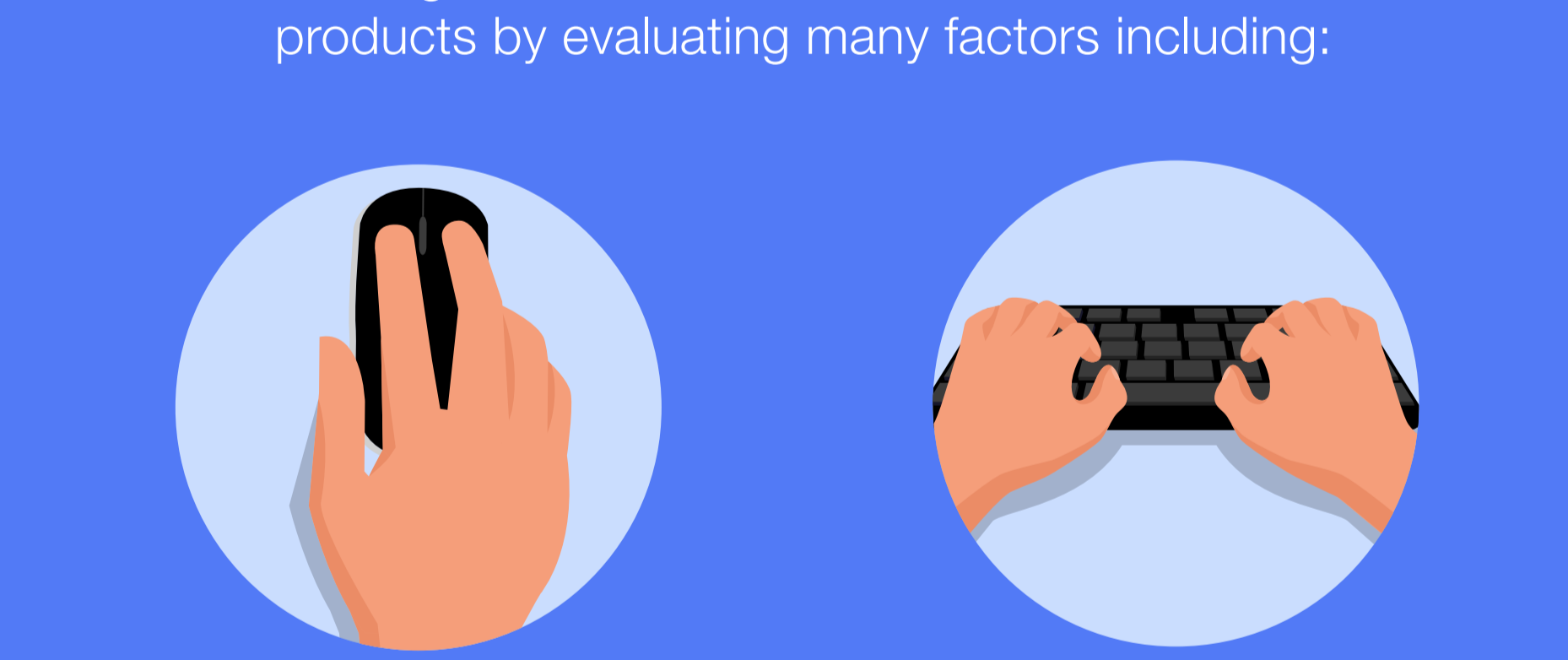
Industrial Design

Anthropometry

Choose the right equipment and environment for your task

An upright dining chair may not be considered ergonomic for regular computer work.

But in the right environment, such as a dining room, it fulfils its role perfectly for most adults.

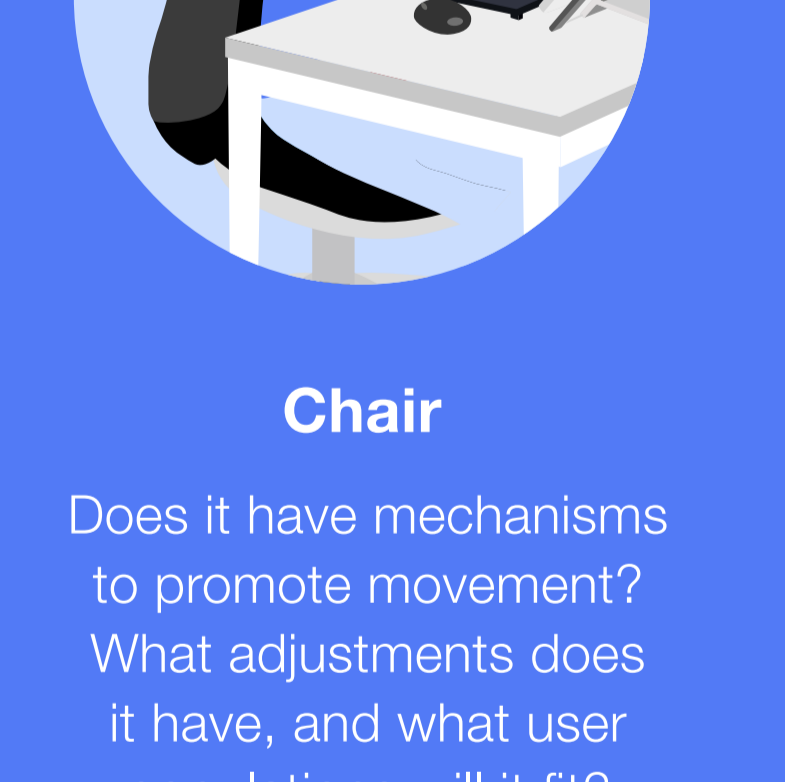


Task
Eating your dinner

Relationship with the other equipment
The height of your table

Potential adaptation
A high chair for a child

In an office environment the task could be desk-working during the working week, and using a dining chair as your equipment could cause problems - as it is a static height and lacks adjustments to provide movement and support.



The dining chair doesn't provide the **undertake** that you need to **undertake** your computer work tasks.

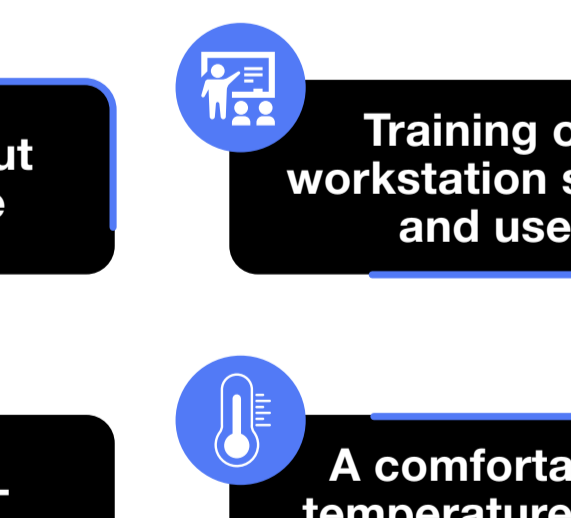
Ergonomic furniture and equipment help us work more productively

The ergonomists at Posturite select and create products by evaluating many factors including:



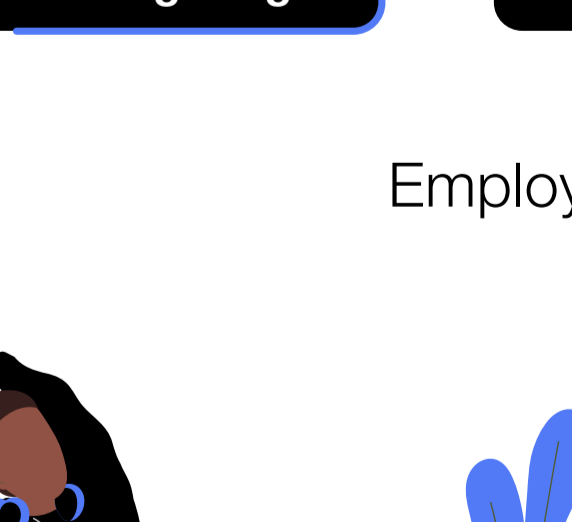
Mouse

Does it fit the shape of a hand and support it in a suitable position? Does it help us click and scroll efficiently to enhance productivity?



Keyboard

How does the size, shape and layout interact with fingers, arms, wrists and shoulders?



Chair

Does it have mechanisms to promote movement? What adjustments does it have, and what user populations will it fit?



Sit-stand platform

Is it easy to raise up, to switch efficiently between sitting and standing? Which equipment will it work with?

Everyone's body dimensions and needs are different, so pick the brains of an expert to help choose the right ergonomic products for you. How about Posturite?

How can employers promote good ergonomics?

Employers can provide:



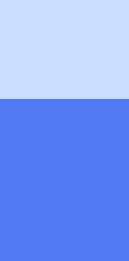
Ergonomic equipment



Guidance about good posture



Training on workstation setup and use



Fast, effective technology



Clever space-utilising room layouts



A comfortable temperature and humidity



Well-positioned lighting and natural lighting



Quiet areas and noise-cancelling headsets

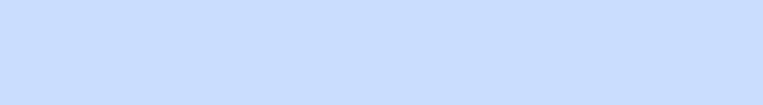


Risk assessments

Employers can encourage:



Regular movement



Regular breaks

All these elements can improve productivity and morale, and are important to

Performance

Satisfaction

Comfort

as well as **Health & Safety**

What about hybrid working?

It's vital to roll out good ergonomics to every work venue we now use. Employers can guide and equip teams to be productive and efficient **at home**, or when using shared and collaborative work spaces in the office.

Need to work whilst travelling?

Google the Posturite 'Ergonomics on-the-go' infographic for tips.

Where are good places in the UK to study ergonomics and human factors?

What's next?

Explore the ergonomic equipment available in the posturite.co.uk online shop:

ergonomic chairs, laptop stands, compact keyboards, sit-stand desks, reading lamps, monitor arms, headsets and more.