

# Ergonomy/ergonomics

## Characteristics

**Ergonomy** studies the relationships between the person, the work object and the work environment. Influencing risk factors is part of protecting the health and life of workers. In addition to **physical, chemical** and **biological** risk factors, we also consider **ergonomic** factors. Ergonomic factors are related to a person's equipment and exercise capacity. We classify here:

- body structure, body and limb dimensions, range of motion;
- movement stereotypes (paths, accuracy, speed);
- muscular strength and physical fitness in relation to age and gender;
- sensory capacity;
- thought processes and functions (memory, imagination, stress tolerance, reliability, etc.)

Ergonomic knowledge is applied in the construction of industrial buildings, in the design of machines and tools and in the introduction of new technologies. **CAVE: Failure to respect ergonomic requirements can lead to an increase in workplace accidents, occupational diseases or risk of occupational disease. In addition, the performance of workers is reduced, as well as quality of work.**

## The most important ergonomic principles in a workplace

- adequate floor and space dimensions of workplaces and workstations;
- appropriate working position;
- balanced working movements.

## Links

### Related articles

- Occupational hazards
- Site visits

### Source

- BENCKO, Vladimír, et al. *Hygiena : Učební texty k seminářům a praktickým cvičením*. 2. edition. Prague : Karolinum, 1998. ISBN 80-7184-551-5.