

SAA HB59—1994

Handbook

**Ergonomics—
The human factor**

**A practical approach to
work systems design**

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A practical approach to work systems design

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PREFACE

This Handbook has been prepared as a basic guide to the subject of ergonomics. It is not intended for use as a definitive reference source, since a number of excellent texts on the subject have already been published. However, for those who do not need to acquire a more comprehensive treatment, this handbook will prove useful.

Ergonomics is a design philosophy which studies the three-way interactions between people, the equipment they use at their workplaces, and the environment within which the people, and equipment are placed. Its object is to design both the workplace and the environment in such a way that the most efficient use is made of human capabilities, without exceeding human capacities.

To fully understand the limitations of the human body, ergonomists need to have a working knowledge of anatomy, the ability to perceive the forces at work on the body, and a knowledge of the psychological, as well as the physiological, needs of the individual within a work system.

The practitioners of ergonomics come from a wide variety of backgrounds—the sciences, engineering, medicine, and psychology. The subject forms the basis (or at least a part) of an increasing number of courses available within a number of colleges and universities across Australia, and indeed the world.

Appendix A lists the documents referred to in this Handbook together with related documents for further reading.

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CONTENTS

	<i>Page</i>
FOREWORD	5
SECTION 1 HUMAN PHYSICAL CAPABILITIES	
ANTHROPOMETRY	6
BIOMECHANICS	13
MUSCULOSKELETAL SYSTEM	15
Skeletal system	15
Muscular system	17
Muscle energy sources	17
Static muscle fatigue	17
Dynamic muscle fatigue	18
REACH ENVELOPES	18
Static reach envelopes	18
Dynamic reach envelopes	19
Clearances	20
Strength	20
SECTION 2 PHYSIOLOGICAL FACTORS	
DISPLAYS AND CONTROLS	22
Design of displays and controls	22
DISPLAYS	23
Analogue displays	23
Scale divisions	24
Scale design	25
Numeral height	26
Pointer position	26
Digital displays	27
Colour	27
Size of display	27
Advantages of digital displays	27
Disadvantages of digital displays	27
OTHER FORMS OF DISPLAY	28
CONTROLS	29
Continuous controls	29
Discrete controls	29
Toggle switches	29
Rocker switches	29
Rotary switches and knobs	30
Push-buttons	32
Feedback	33
Illuminated push-buttons	33
Markings on push-buttons	33
Indicator lights	35

	<i>Page</i>
CONTROL IDENTIFICATION	36
Colour coding	36
Shape coding	36
Size coding	37
Labelling	37
STEREOTYPES	37
PANEL DESIGN AND CONTROL IDENTIFICATION	38
THE EYE AND VISION	39
Anatomy of the eye	40
Visual field	41
Accommodation	41
Glare	41
Relative glare	42
Absolute glare	42
Adaptive glare	42
Humidity	42
LIGHTING	42
THE EAR, HEARING AND NOISE	44
Noise	44
Anatomy of the ear	45
Daily noise dose (DND)	47
Effects on performance	48
VIBRATION	49
Whole-body vibration	50
Part-body vibration	50
Vibration reduction techniques	51
THERMAL ENVIRONMENT	51
SECTION 3 WORK ORGANISATIONALFACTORS	
INTRODUCTION	55
RESISTANCE TO CHANGE	55
CONSULTATION	55
MULTISKILLING	56
PACED SYSTEMS OF WORK	56
TIME MAXIMIZATION	56
OPERATOR AUTONOMY	57
SYSTEMS APPROACH	57
MANAGEMENT STYLES	58
SECTION 4 APPLIED ERGONOMIC EXAMPLES	
WORKPLACE DESIGN—OFFICE ENVIRONMENT	59
APPENDIX A LIST OF REFERENCED AND RELATED DOCUMENTS	61

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