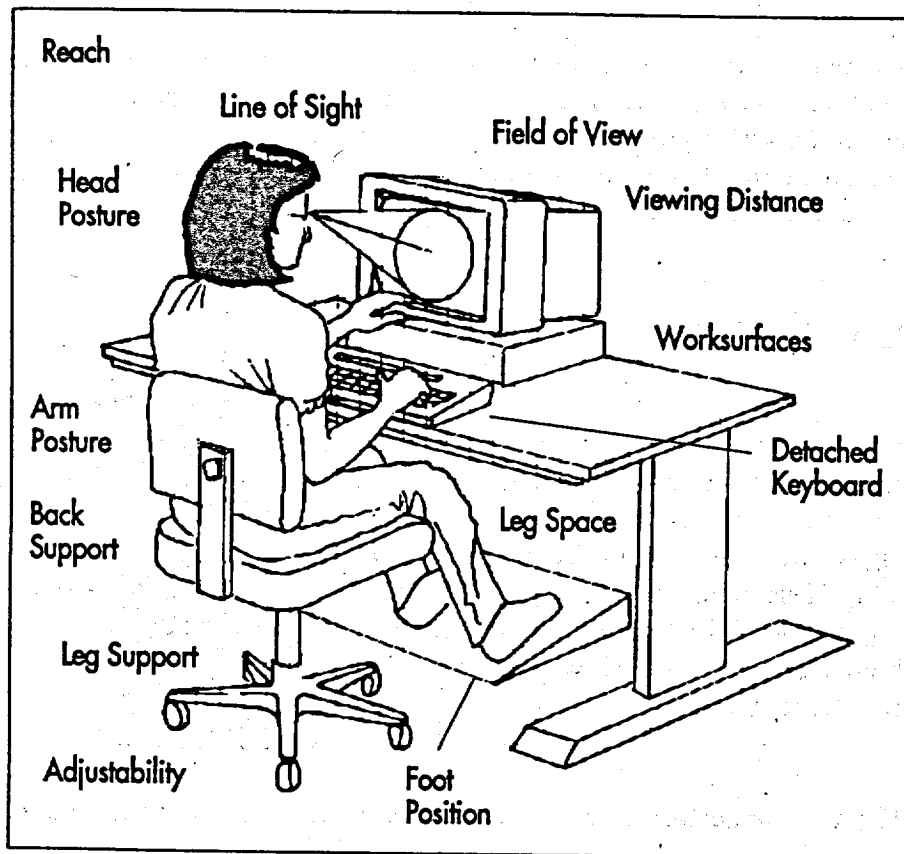


What is ergonomics?

Ergonomics studies how people interact safely and efficiently with their work environment. The basic assumption of ergonomics is that the selection of objects intended for human use should be based upon human characteristics and capabilities. For example the furniture and equipment you use should fit **your** characteristics and there should be room for you to place often needed materials within easy reach.



Ergonomics also considers environmental factors such as light, acoustics, temperature and air quality, since these may affect you and the manner in which your work is done. Job design and office organization and procedures are also integral parts of the ergonomics in office systems.