

Free essay on ergonomics

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Ergonomics

Ergonomics is a scientific field which aims to comprehend and develop the human factors interacting with products, tools, equipment, systems, and the general environment. (Taylor & Francis Website, 2012) Inspired by the human biology, engineering and design and human psychology, ergonomics intends to apply and further improve techniques and knowledge on maximizing system performance at the same time maintaining human safety, health and well being interacting with the system. The aspects of ergonomics have expanded from work, recreation and other areas of man's daily living.

Generally, ergonomics is more about the proper posture such as the proper way to sit straight at one's computer table so that his back would not hurt. It also means the right hold of the hands in order to avoid carpal tunnel syndrome. More than this, ergonomics is mainly on compatibility between job functions and a person's abilities. It aims to avoid work related injuries and enhance work performance which add to the worker's well being.

While it was earlier confined to work dynamics of the human body and mentality with the environment, such as the computer inside the office, it has now become more sophisticated and has involved various disciplines. (Hanson, 2001) Ergonomics, has been, more generally, confined to occupational safety and health.

In my job as a nursing officer in a nursing home, ergonomics play a great function. We follow an ergonomics process which addresses reports of injuries and apply solutions. We also reduce, if not totally eliminate, manual lifting. The physical contact we make with our patients can cause us muscular

dysfunctions and we can incur ergonomic injuries. Hence, I really take into full consideration the applications of ergonomics, especially the right process as prescribed in our manual. Sometimes, my shifts would take twice the usual shift and this makes me vulnerable for some errors in handling patients.

References:

Hanson, M. (2001). *Contemporary Ergonomics 2001*. London: Taylor & Francis.

Taylor & Francis Website. (2012). "Ergonomics." Retrieved on January 14, 2012 from, <http://www.tandf.co.uk/journals/terg>.