

Human factors and ergonomics

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Human Factors and Ergonomics Awkward postures in this image include, i. Twisting of the back ii. Bending his neck, this is extremely detrimental if he or she exceeds two hours.

iii. His or her sitting position is not neutral or aligning well with spinal cord

iv. His or her hands' wrists are bent more than 300

v. Excessive bending while working

Suggestions to improve these conditions

i. Place study samples of interest onto a table where he or she will work in upright manner

ii. Raise the work to a better view where he or he will be aligning with samples to avoid bending head.

iii. Avoid bending wrists more than 300 by using in-line appropriate tools when working on things that are lying on flat surfaces.

iv. Use low stools especially when he or he is collecting samples but not for a prolonged period. This is to avoid bending of neck.

2.

i. Adjustable Driver's seat and its belt

A person based on an individual's height is capable of setting both seat and belt such that he or she can hold the steering wheel appropriately without reaching it from behind or operating when it is very close to the chest.

ii. Appropriate size of a steering wheel

When negotiating a corner one executes this task with ease without struggling with big or a small steering wheel.

iii. Adequate cabin space

Passengers including the driver enjoy adequate space inside the car such that they do not seem to squeeze themselves in a small space. This is to the

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extent one is capable of turning the way he or she wants besides a clearing that allows one to hold a baby in his or her lap.

iv. Well-spaced steps meant to step on while boarding a vehicle

Steps or paddles meant to step on are in appropriate and considerable heights for every normal person to climb and get into the vehicle with ease.

v. Front, rear and side screens are in correct height or levels

People in the car who include driver do not have to strain their necks while trying to see what is outside or for the latter to have clear view of the road when one is driving.

Work Cited

“ Ergonomics Principles for Reducing Awkward Postures.” Washington State Department of Labor and Industries. n. d. Web. 5Th February 2014.