

## Mechanisms (Ergonomics) :-

Ergonomics → Ergon + nomos (both are Greek words)

Greek word — Ergon → Means Work

nomos → means natural law

[Ergonomics is a term taken from Greek word "Ergon" meaning work and "nomos" meaning natural law.]

Def<sup>n</sup> :- Ergonomics is the scientific study of human work condition, especially the interaction between man and machine.

OR

Ergonomics is defined as the application of human biological science with engineering science to achieve optimum (best set of conditions to get good result) mutual adjustment of people & their work.

The benefits measured in terms of human efficiency and well-being (सुख-वृद्धि).

There are five aspects (or points) of ergonomics that should be ~~observed~~ observed in workplace: Safety, Comfort

② easy to use, performance and aesthetics.

Ex of Ergonomics are:-

- i) Chairs with adjustable height
- ii) Desks with adjustable height
- iii) Keyboard and mouse placement
- (iv) A headset for hands hands-free communication
- v) Lighting that is not harsh on the eyes.
- vi) Adjustable monitor.
- vi) Wireless ear phone.