



This book is a compilation of research articles that provide practical insights into the influence of cognitive functions, emotional management, and psychological theories on the design of effective work environments. It could serve as a resource for researchers and students who aim to learn about large spectrum of **latest achievements in ergonomics and psychology.**

This book is a brief overview of ergonomics sciences:

- Definition
- Main objects and subjects
- Applied methods
- Applications

Introduction to Ergonomics

R.S. Bridger