

**Ergonomics :-** [Natural laws of work]

- Ergonomics, the engineering science concerned with physical and psychological relationship between machines and the people who use them.
- Ergonomics takes an empirical approach to the study of human-machine interactions.
- The objective is to improve the efficiency of operation by taking into account a typical person's size, strength, speed, visual acuity, and physiological stresses such as fatigue, speed of decision making & demands on memory and perception.
- The field of ergonomics is also sometimes called human factors (or) Engineering psychology.
- The word 'ergonomics' is coined from two Greek words - 'ergon' which means 'work' and 'nomos' which means 'natural laws'. So Ergonomics means natural laws of work.