

Ergonomics is a scientific discipline related to understanding the interactions between humans and other elements of the system, with theories, principles, and data designed to optimize human well-being and overall system performance. And the profession to which the method applies. Ergonomics utilizes many areas to optimize the interaction between the work environment and the worker.

According to the International Ergonomics of Association, ergonomics has three broad areas: physical, cognitive and organizational.

Physical Ergonomics

Physical ergonomics deals with human anatomical, anthropometric, physiological and biomechanical properties associated with physical activity [1]. This is the field of ergonomics that we are most interested in in the workplace, and most of the content on this site is very much in the ergonomics of the workplace, which is the science of matching workplace conditions and work requirements to the capabilities of the working population. The emphasis is on. Ergonomics is an approach or solution for addressing a variety of work-related musculoskeletal disorders. In essence, workplace ergonomics is about creating a better workplace. When a job is designed to fit people's abilities, it leads to a better job and a better experience for the person doing it. Through this lens, ergonomics creates value in multiple ways [2].

Cognitive Ergonomics

Cognitive ergonomics deals with mental processes such as perception, memory, reasoning, and motor responses [3]. These affect the interaction between humans and other elements of the system.

Organizational Ergonomics

Organizational ergonomics deals with the optimization of sociotechnical systems such as organizational structure, policies and