Contents

| LIST OF PLATES | vi |
|---|------|
| PREFACE | vii |
| INTRODUCTION: THE NATURE OF ERGONOMICS | xiii |
| PART ONE: THE ELEMENTS OF ERGONOMIC PRACTICE | I |
| 1. The Physical Basis of Man's Perception of His Environment The Human Body | 3 |
| 2. I. Bones, Joints and Muscles | 16 |
| 3. II. Metabolism and Heat Regulation | 29 |
| 4. III. Body Size, Limits of Movement and Functioning of Limbs | 36 |
| 5. IV. The Nervous System | 71 |
| 6. Man as a System Component | 103 |
| PART TWO: PRACTICAL ERGONOMICS | 125 |
| Design Factors | |
| 7. I. Layout of Equipment | 127 |
| 8. II. Design of Seating | 143 |
| 9. III. Design of Instrumental Displays | 154 |
| 10. IV. Compatibility | 216 |
| 11. v. Design Characteristics of Controls | 233 |
| Environmental Factors | |
| 12. I. Environmental Temperature and Humidity | 257 |
| 13. II. Noise | 283 |
| 14. III. The Visual Environment | 301 |
| 15. IV. Vibration | 344 |
| Organizational Factors | |
| 16. I. Methods of Investigating Work | 352 |
| 17. II. The Organization of Work | 372 |
| 18. III. Inspection | 418 |
| 19. IV. Shift Work | 430 |
| 20. v. Age | 442 |
| REFERENCES | 453 |
| AUTHOR INDEX | 479 |
| SUBJECT INDEX | 496 |