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Ergonomics: The Sciences That Improves the Performance and Health of Workers

J. Cuellar and C. Solis

Corresponding author's Email: jhonathanc@hotmail.com

Author Note: We are professors of Universidad Autonoma de Nuevo Leon, Facultad de Ciencias.

Abstract: Ergonomics is an indispensable tool, both in the design process of a product, and to measure productivity of work conditions. It emerged with the purpose of increasing worker productivity, since is searching better ways to improve; safety, comfort and health. In the work environment anthropometry and ergonomics, they have a clear objective: to achieve harmony between human beings and their environment. Mass production has stimulated ergonomic design space activity in all aspects of life, so ergonomic systematic application should produce a suitable adaptation of the machines to people.

This investigation will determine and analyze the working conditions of a company dedicated to the manufacture of electronic voltage regulators. The purpose is to achieve measurable results in the working environment, through direct observation and the application of the ergonomic principles based in anthropometry. Some workstations were redesigned and some unnecessary movements were deleted too, in order to avoid fatigue and prevent diseases.

Keywords: Ergonomic, Anthropometry, Comfort.