



Introduction of Ergonomics Worksheet

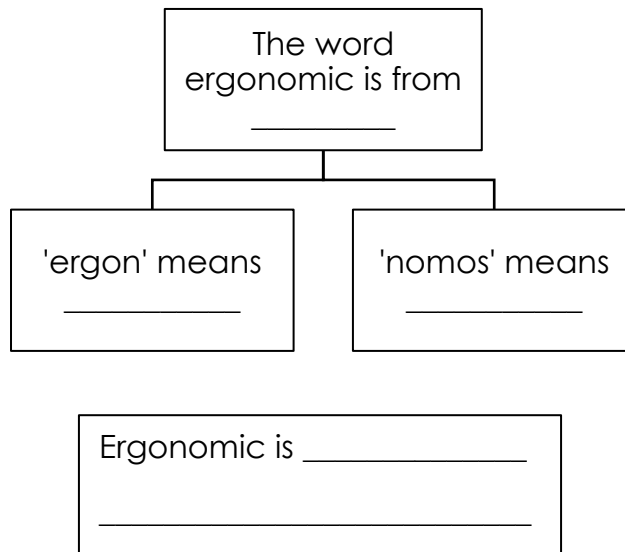
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Lesson 1 Definition and History

Fill in the blanks.



Define the following.

According to International Ergonomics Association, ergonomic is defined as

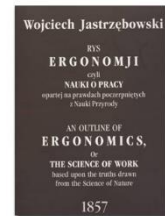
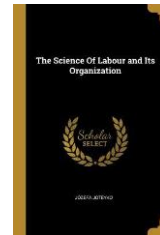
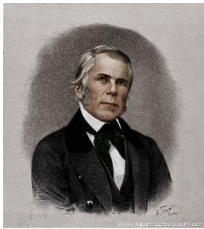
Fill in the blanks.

1. Ergonomics may also be thought of as the _____ to the individual worker. When there is a mismatch between the physical requirements of the job and the physical capacity of the worker, _____ can result.
2. Ergonomic is _____ or _____ the workplace to fit the workers.
3. Ergonomics is a _____ which incorporates various fields such as engineering, physiology, psychology, medicine and health, economics and environmental science.

Answer the following question

1. Is Ergonomics a 20th century invention?

Match the following.

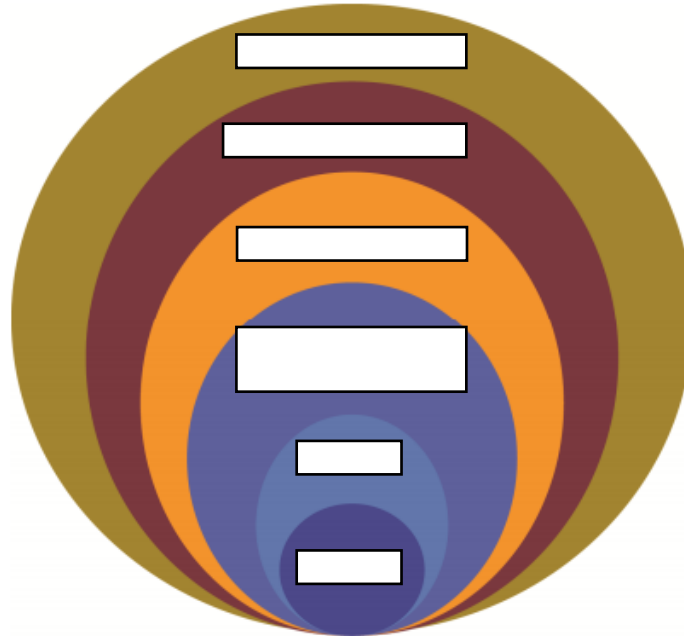


In the white spaces of the tables below, explain the scientific management principles based on Frederick Taylor:

First Principle
Second Principle
Third Principle
Fourth Principle

Lesson 2 Ergonomic Framework

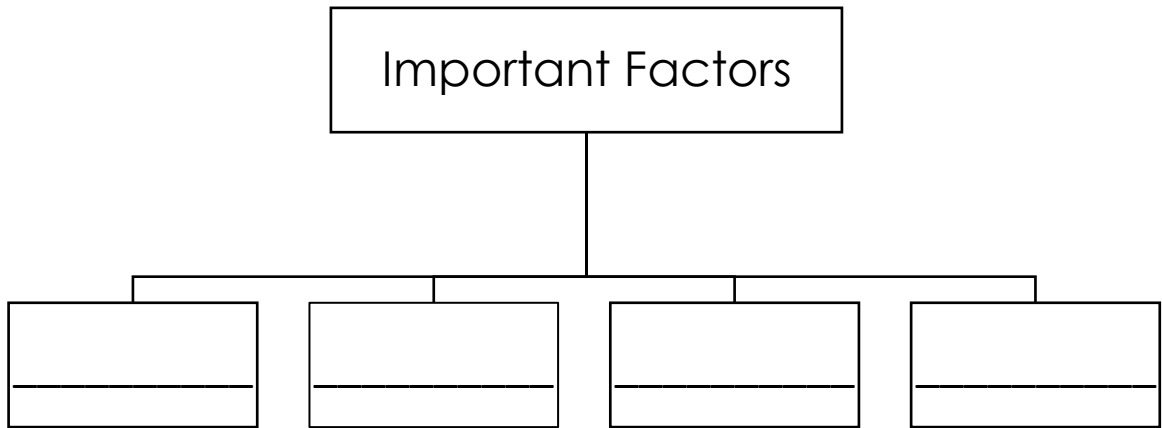
Fill in the box given.



Fill in the blanks

1. We need to ensure the task design should be accommodating the _____ and _____ of the workers.
2. The _____ is the place or area where people are performing the tasks.
3. The comfort temperature would be between _____.
4. The optimal temperature for productivity is _____.
5. We need to ensure the workers have a sufficient rest break throughout the _____ and _____ also must be adapted to _____ or _____ of the workers.

List the four important factors that the management needs to carefully assess for the physical and mental capabilities of the workers in the boxes in the diagram:



LEARNERS' ACTIVITY

Activity 1

Now take some time to think and list down the ergonomics issues that you always face during different activities. Think from the following aspects:

a. Workstation
b. Home
c. When commuting
d. In restaurant during dining
e. In Bank
f. Using public toilet
g. Parking car in shopping complex
h. During shopping

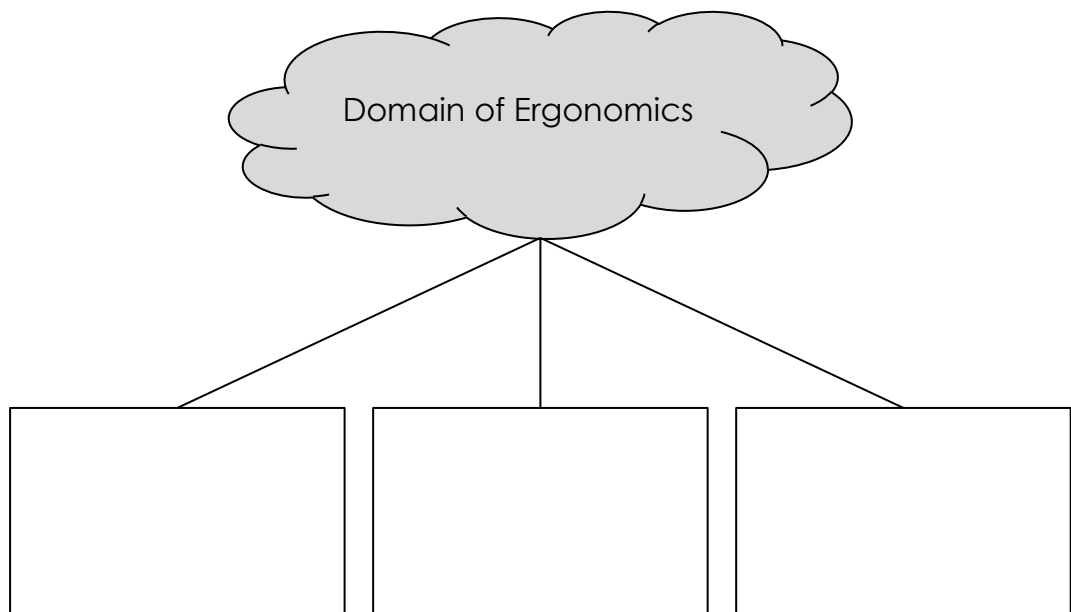
Lesson 3 Importance of Ergonomic

Fill in the blanks on the main objectives of ergonomics

1. Improve the _____ of systems comprising people and _____.
2. _____ the level of safety and health of workers, _____ stress and fatigue, enable _____ efficiency and productivity, _____ ill-health and error, and _____ accidents.
3. To optimize the integration of man and machine so as to improve the _____ and _____.

Lesson 4 Domain of Ergonomics

List the three domains of ergonomics in the boxes in the diagram:



Define the following

1. Physical ergonomics

2. Cognitive ergonomics

3. Organizational ergonomics

Answer the following questions

1. What does cognitive ergonomic mainly focuses on work activities?

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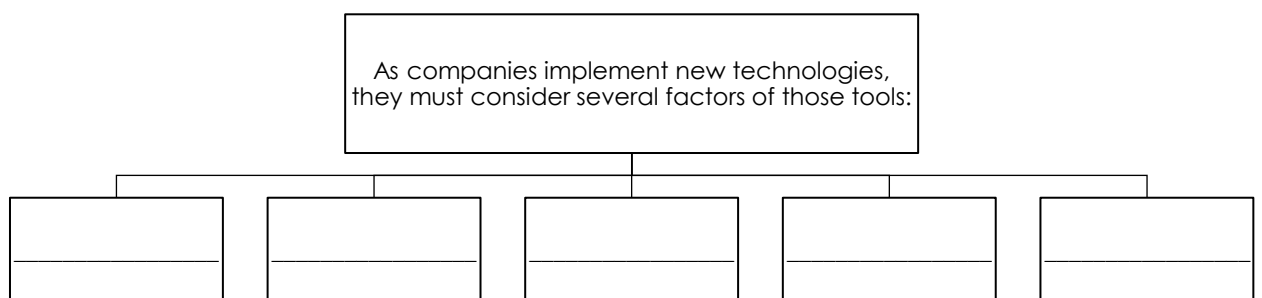
2. What is the goal of organizational ergonomic?

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3. List down the typical intervention of organizational ergonomics.

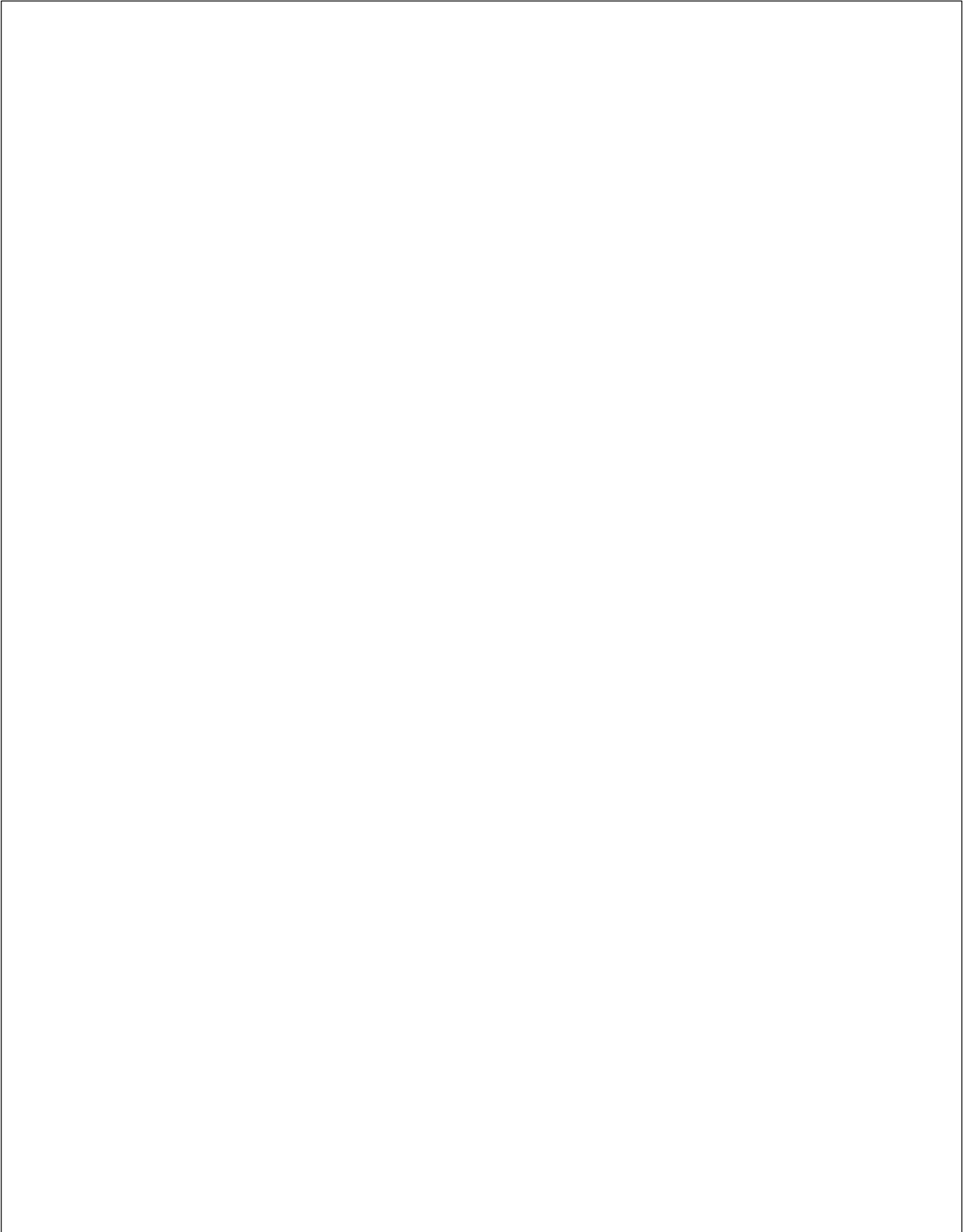
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Complete the diagram below



LEARNERS'ACTIVITY

Activity 2 – Mind Mapping

A large, empty rectangular box with a thin black border, intended for students to create a mind map. The box occupies most of the page below the activity title.