



# **Engineering Physiology: Physiologic Bases of Human Factors/Ergonomics (Advances in Human Factors/Ergonomics, 4)**

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Engineering Physiology is written for the engineer, designer, and manager, working either in industry, in agriculture, in the office, or in the military, who wants to design or improve work procedures and tasks, equipment and tools, and the work environment. It discusses the functions, capabilities and limitations of the human body when "at work", and how these characteristics can be measured and judged. The book begins with a discussion of human body dimensions (anthropometry) and the systematic use of this information to design equipment that fits the person. This leads to the biomechanics of muscular activities and of their internal control. With this information, internal strains (e.g. in the lower spine) can be assessed and work tasks adjusted accordingly to match human capabilities. Respiration, circulation and the cardiovascular systems are coordinated to transport gases ( $O_2$  and  $CO_2$ ), heat, and nutrients within the body. Chemically stored energy is released in metabolic processes and transformed in the muscle into externally useful physical energy, i.e. work done by the human. Observations of the strain on these functions, e.g.

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