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Ergonomics Types and Process in Healthcare Systems

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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 processes. The ergonomic process includes risk assessment when performing an ergonomic assessment, which is a fundamental element of the ergonomic process. The central goal of the ergonomic process is a workplace that mitigates this risk. To make large-scale changes, prioritize tasks to be improved, identify effective improvement ideas, and justify the cost of improvement projects, and measure progress, which is a key factor in the success of an ongoing improvement process. And so on, a fair amount of planning is needed. High-performance ergonomic programs are constantly measured using leading and delay indicators. Finally, you can extend your solution by establishing a common toolset for employee training, risk assessment, improvement planning, progress measurement, and new work process design. This allows you to extend ergonomic best practices throughout your organization.

Ergonomics can be applied to all areas of human activity beyond the pure circle of professionals. Nevertheless, there are some sectors that will particularly benefit from the contribution of ergonomics. That is, traffic safety notable incidents and accidents lead to a series of analytical, diagnostic, technical or organizational response processes that ultimately improve safety conditions and comfort for drivers, flight attendants and passengers. Competition on the Internet leads to a crazy competition for ergonomics and website and application design. Sustainable development challenges are an important vector for the benefits of ergonomics in terms of working conditions.

Patient Handling in Hospitals

Hospital employees have muscle, tape, tears, joints, tendon inflammation, tendinitis, sunburned nerves, discs and other injunction. In all cases, it is recommended to minimize the manual increase in the patient and eliminate them. Because it is difficult to achieve this, employees recommend using appropriate support equipment and equipment as much as possible. Devices such as mechanical elevator equipment, shower chairs, side transfer, slide body, handle, wheelchair, relocation device are examples of possible engineering controls. Management control, for example can create a training course with proper lifting and written patient medical planning and created worker's time and skills optimally. Sufficient staff should be at hand to create tasks that can be executed by multiple people. The increased attitude allows you to create a nasty pose including twisted, overnight or curved provisions while doing a shared task for hospital workers. Hiding the attitude can increase the power of the spine and joints, and contribute to muscle and tendon fatigue and / or shared pain. Because muscles cannot work efficiently, it is necessary to strengthen the strengths needed to use in a nasty posture. We recommend an avoidable attitude at work. Trying to work with minimal twisting and bending postures [4]. Usage of engineering controls to reduce annoying postures. Devices such as patient lifts, transfer devices, and adjustable IV poles can reduce or eliminate annoying postures when used properly. Make sure that proper housekeeping is maintained to free up space in the hospital room or corridor for a more neutral posture while working. All employees must be properly trained and ergonomic to use the equipment properly. Computer workplaces can create many nasty postures and repetitive tasks [5].

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