



A Guide to Human Factors and Ergonomics, Second Edition

Martin Helander

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Completely revised and updated, **A Guide to Human Factors and Ergonomics, Second Edition** presents a comprehensive introduction to the field. Building on the foundation of the first edition, titled *Guide to Ergonomics of Manufacturing*, the new title reflects the expanded range of coverage and applicability of the techniques you will find in the second edition. Each and every chapter contains new material and some have been entirely rewritten. Drawing on the author's experience in both teaching and industry, the book lays to rest the common myths and misconceptions that surround ergonomics.

Unlike most ergonomics and human factors books that emphasize the physical, this one gives a broad overview of cognitive as well as physical ergonomics. Written in an accessible style, it presents a systems approach to human factors and ergonomics that leads to complete understanding. The author demonstrates how to collect data on users and operators and how to convert the data to good design, and offers a practical guide to the design and analysis of systems. Design oriented, systems oriented, and results oriented, this text provides the tools needed to solve systems problems and develop adequate design solutions.

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