



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Ergonomics

### Course

Field of study

Management Engineering

Area of study (specialization)

Level of study

First-cycle studies

Form of study

part-time

Year/Semester

2/3

Profile of study

general academic

Course offered in

Polish

Requirements

compulsory

### Number of hours

Lecture

14

Laboratory classes

14

Other (e.g. online)

Tutorials

Projects/seminars

### Number of credit points

5

### Lecturers

Responsible for the course/lecturer:

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Responsible for the course/lecturer:

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### Prerequisites

Student has basic knowledge of mathematics, physics, chemistry, knows the basic technologies of production processes, understands the basic concepts of organization and management sciences and the basics of work safety management.

### Course objective

Providing students with theoretical and practical knowledge in the field of shaping safe and ergonomic working conditions, especially in enterprises - industrial and service enterprises in manufacturing and logistics processes. To teach measuring techniques for assessing the most important ergonomic factors. Developing skills of critical observation of work processes in terms of safety and ergonomics, as well as the ability to design changes in the design of equipment and work organization, ensuring ergonomics and safety.



## Course-related learning outcomes

### Knowledge

#### Student:

- 1- have basic knowledge of the life cycle of socio-technical systems
- 2- have basic knowledge of machine life cycle
- 3- knows the basic methods, techniques, tools and materials used to solve simple engineering tasks in the field of machine construction and operation
- 4- knows typical industrial technologies and knows the technologies of machine construction and operation in depth
- 5- has basic knowledge necessary to understand the non-technical determinants of engineering activities; knows the basic principles of health and safety at work in force in the machine-building industry.

### Skills

#### Student:

- 1- can critically analyze the technological processes of machine production and organization of production systems
- 2- can identify design tasks and solve simple design tasks in the field of machine construction and operation
- 3- can apply typical methods to solve simple problems in the field of machine construction and operation.

### Social competences

#### Student:

- 1- is aware that creating products that meet the needs of users requires a systematic approach taking into account technical, economic, marketing, legal, organizational and financial issues.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

#### Formative assessment:

- a) in the scope of laboratory exercises: ongoing checking of knowledge and skills during exercises using laboratory apparatus for ergonomic tests, evaluation of individual laboratory tasks
- b) in the scope of lectures: based on a discussion of the material learned in previous lectures; bonus attendance at lectures.

#### Summative rating:

- a) in the scope of laboratory exercises: based on the average of partial grades of the forming phase
- b) in the scope of lectures: an exam in the form of a written test.

## Programme content

The origin of ergonomics against the backdrop of the development of technology and science. Components sciences and the nature of ergonomics. Ergonomics and health and safety - economic aspects. Human system - technical object and its surroundings. Interpretation of the system as a workplace. The purpose and scope of ergonomic activity. Contemporary trends in ergonomic research.



Ergonomic diagnosis methods. Analysis of physical workloads and body heat management. Analysis of work-related psychological burdens. Principles of load optimization. Perception and information processing processes. Selection rules for signaling and control devices. Shaping the spatial parameters of the workplace and manual machines and tools based on anthropometric data. Assessment and shaping of the working environment (mechanical vibrations, noise, microclimate, lighting, harmful radiation, air pollution). Principles of ergonomic design. Examples of ergonomic design of machining, assembly, dispatching and computer stations. Ergonomics of the elderly and the disabled.

Basic contents of laboratory exercises:

- Physical fitness of the body and BMI.
- Human anthropometric features
- Visual work in changing lighting conditions.
- Criteria for seat selection for the user.
- Acoustic conditions of the room
- Feeling of mechanical vibrations.
- Simple and complex reactions.

### Teaching methods

Lectures with multimedia presentation

Laboratory exercises with the use of apparatus for ergonomic measurements.

### Bibliography

Basic

1. Horst W. (red), Ergonomia z elementami bezpieczeństwa i ochrony zdrowia w pracy, Wyd. Politechniki Poznańskiej, Poznań, 2011
2. Olszewski J., Podstawy ergonomii i fizjologii pracy. Wyd. Akademii Ekonomicznej, Poznań, 1997
3. Tytyk E., Butlewski M. Ergonomia w technice. Wyd. Politechniki Poznańskiej, Poznań, 2011
4. Tytyk E., Projektowanie ergonomiczne, Wyd. PWN, Warszawa 2001
5. Wejman M., Diagnozowanie środowiska pracy, Wyd. Politechniki Poznańskiej, Poznań 2012

Additional

1. Górka E., Ergonomia. Projektowanie, diagnoza, eksperymenty. Oficyna Wydawnicza Politechniki Warszawskiej, 2002
2. Jabłoński J. (red.), Ergonomia produktu. Ergonomiczne zasady projektowania produktów (Product ergonomics. Ergonomic rules for product design), Wydawnictwo Politechniki Poznańskiej, Poznań, 2006
3. Koradecka D., (red), Bezpieczeństwo pracy i ergonomia, Wyd. CIOP, Warszawa, 1999
4. Nowak E., Atlas antropometryczny populacji polskiej (Anthropomorphic atlas of Polish population), Wydawnictwo Instytutu Wzornictwa Przemysłowego, Warszawa, 2000
5. Norms and Law Rules recommended during the lectures.



### Breakdown of average student's workload

	Hours	ECTS
Total workload	100	5,0
Classes requiring direct contact with the teacher	28	1,5
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests/exam, project preparation) <sup>1</sup>	72	3,5

<sup>1</sup> delete or add other activities as appropriate