



# **Bodyspace: Anthropometry, Ergonomics and the Design of the Work, Second Edition**

*Stephen Pheasant*

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**Bodyspace: Anthropometry, Ergonomics and the Design of the Work, Second Edition** Stephen Pheasant  
Bodyspace has been acclaimed since its original incarnation, and has been completely revised and updated for this second edition. It is a recommended primary text on teaching courses the world over. We can all think of examples of tools we find difficult to use, places we cannot reach, seats designed for someone else, products not fit for their purpose. In Bodyspace, the author argues that this is because designers commonly fail to understand the needs of users of their products, and explains that the solution is for designers to design ergonomically. Profusely illustrated and employing tables of human dimensions (anthropometric data) Bodyspace provides the means to execute successful ergonomic design of benefit to all—manufacturer, designer, and user alike.

This edition has been revised to bring fresh insights into the principles and practice of anthropometrics, workspace design, sitting and seating, hands and handles, ergonomics in the office, ergonomics in the home, and health and safety work. The tables of anthropometric data presented within focus on human diversity, ethnic differences, growth and development, secular trends, social class and occupation, and ageing.

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