

**Ergonomia:  
abordagens, enfoques e  
sua contribuição  
para o trabalho**

**1.**

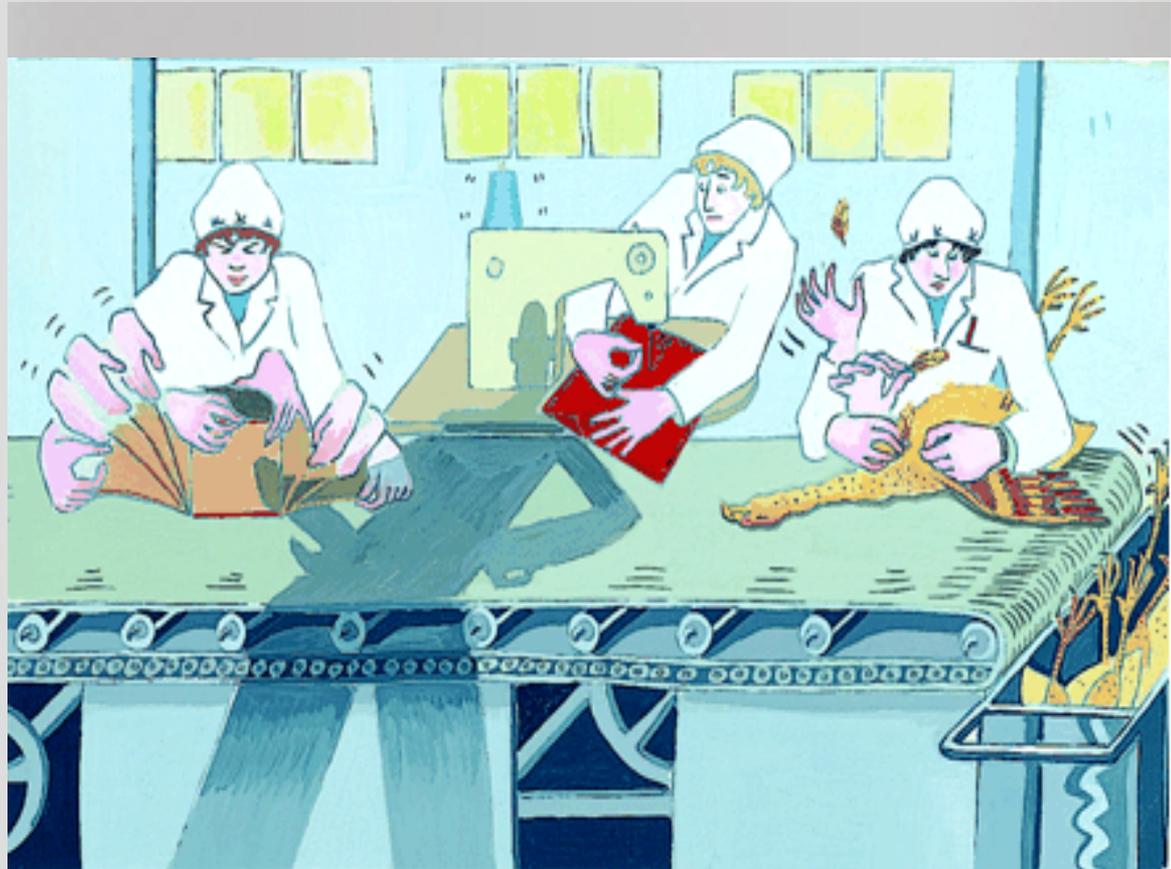
# **ENFOQUES**

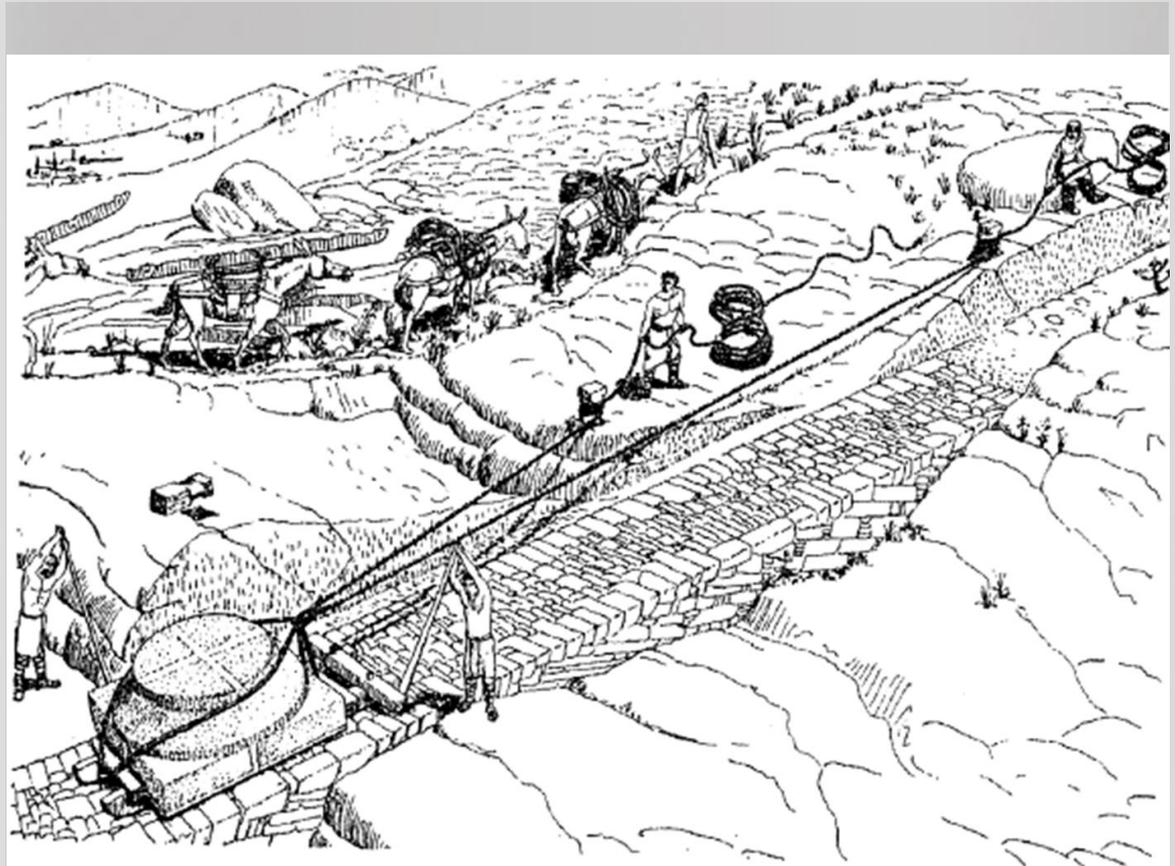
*Fundamentos e bases técnicas*

**Foco no  
trabalho**



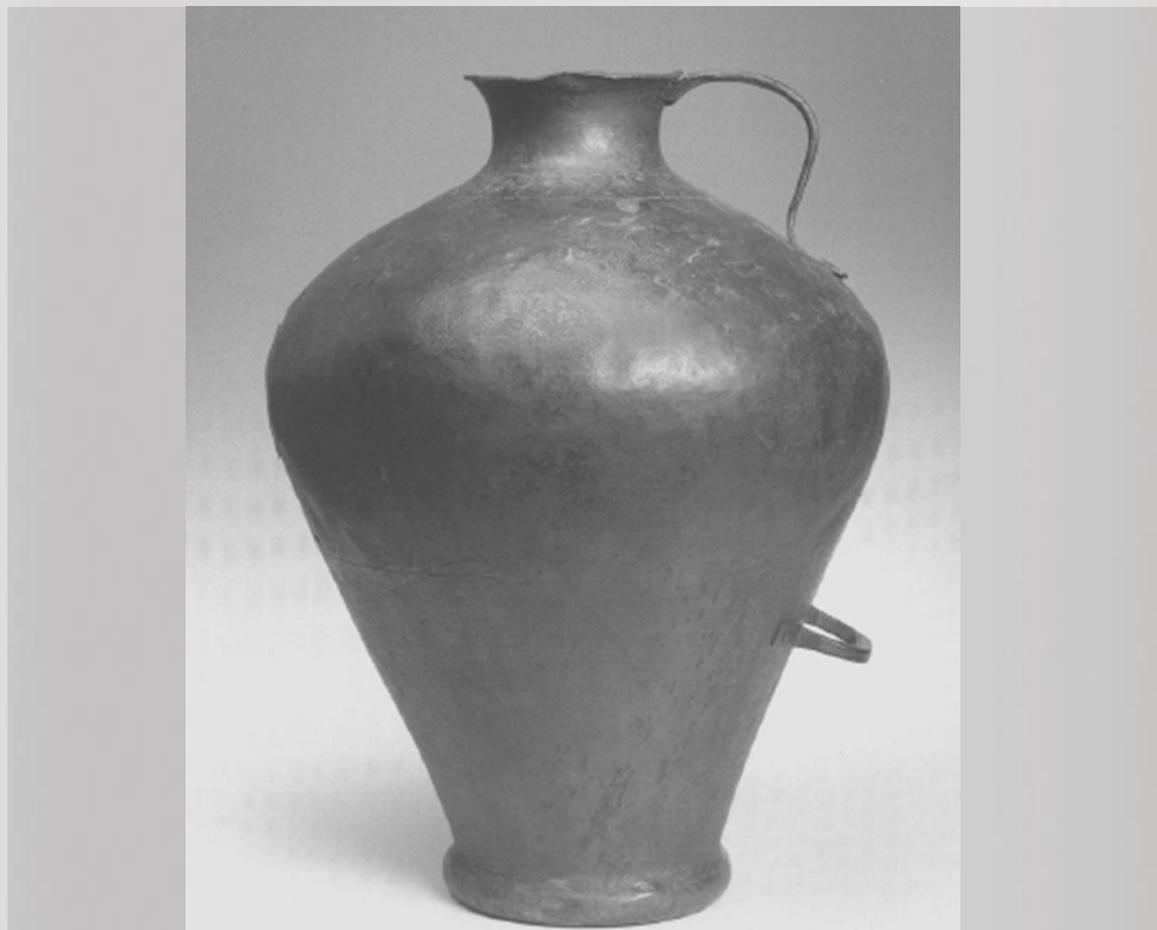
**Foco no  
trabalho**





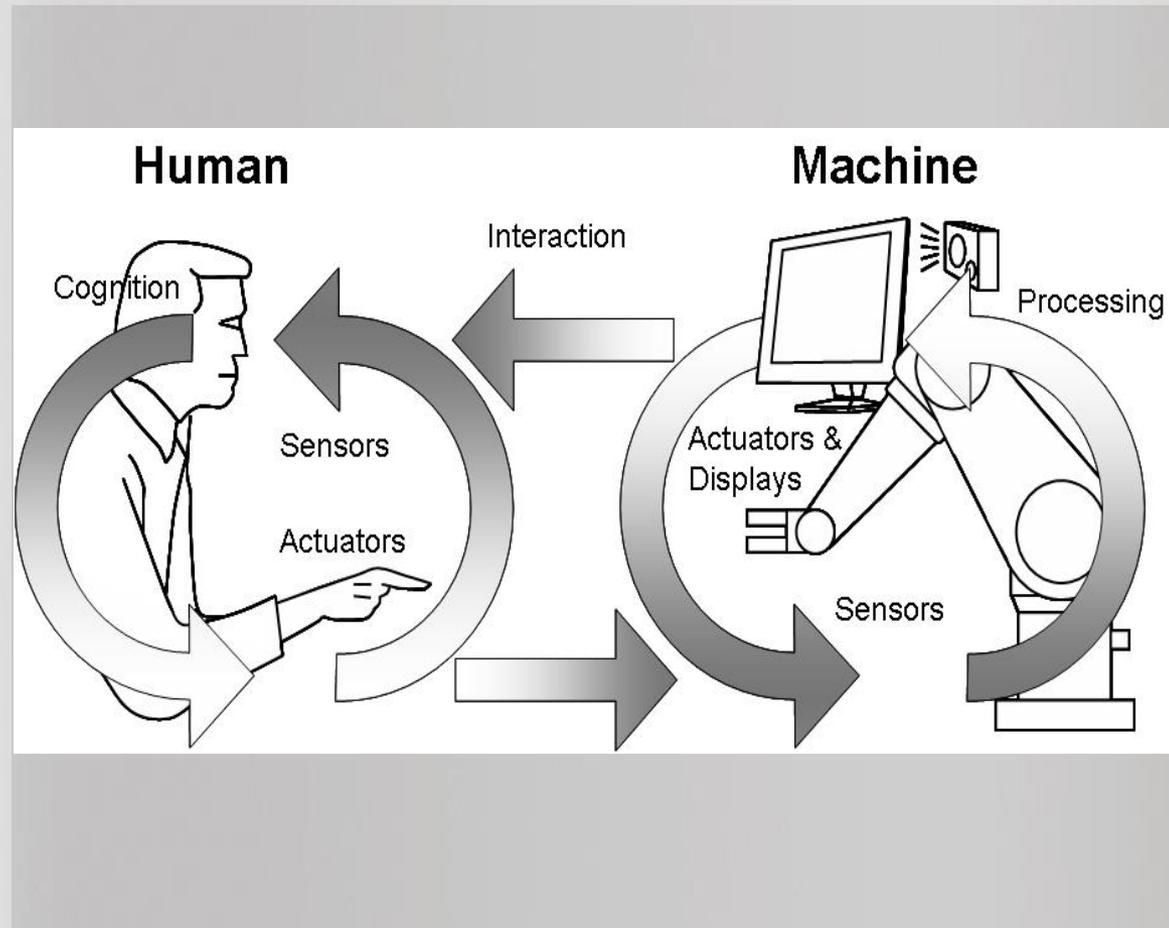
**Foco no  
trabalho**

**Foco no  
produto**



**Foco no  
produto**





**Interface**



**Abrangência**

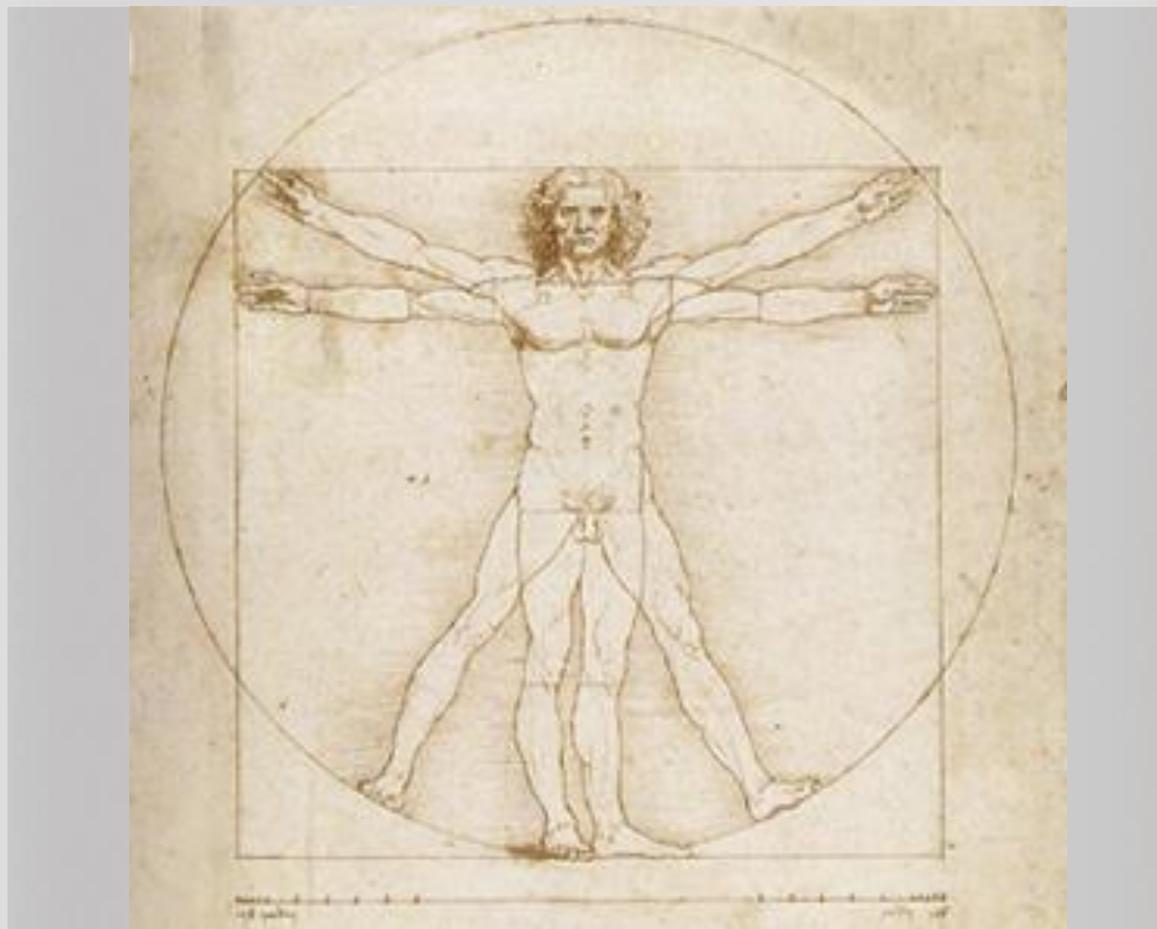


**Abrangência**

“

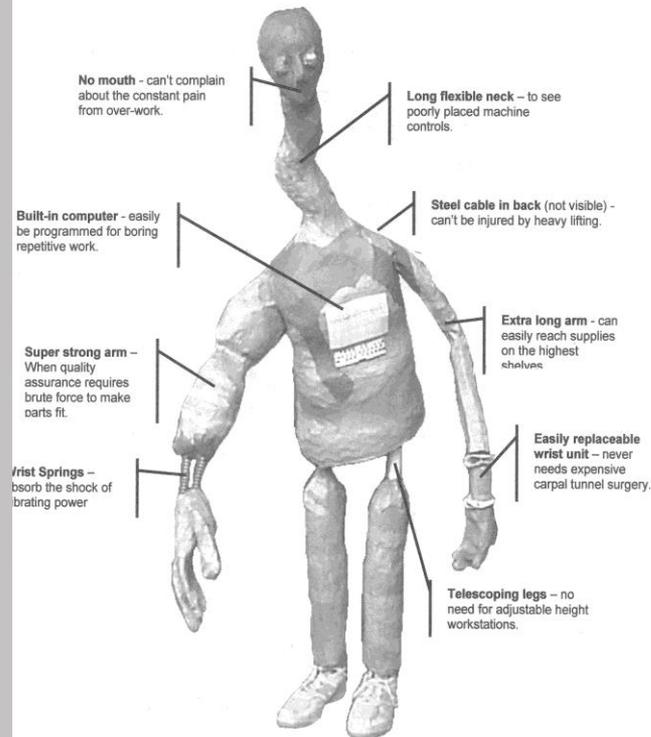
*Ergonomia (ou fatores humanos) é a disciplina científica que busca o entendimento sobre as interações entre humanos e outros elementos de um sistema, e a profissão que aplica teoria, princípios, dados e métodos a fim de otimizar o bem-estar humano e a performance do sistema.*

**Homem  
perfeito**



# Ergoman

## The Perfect Employee

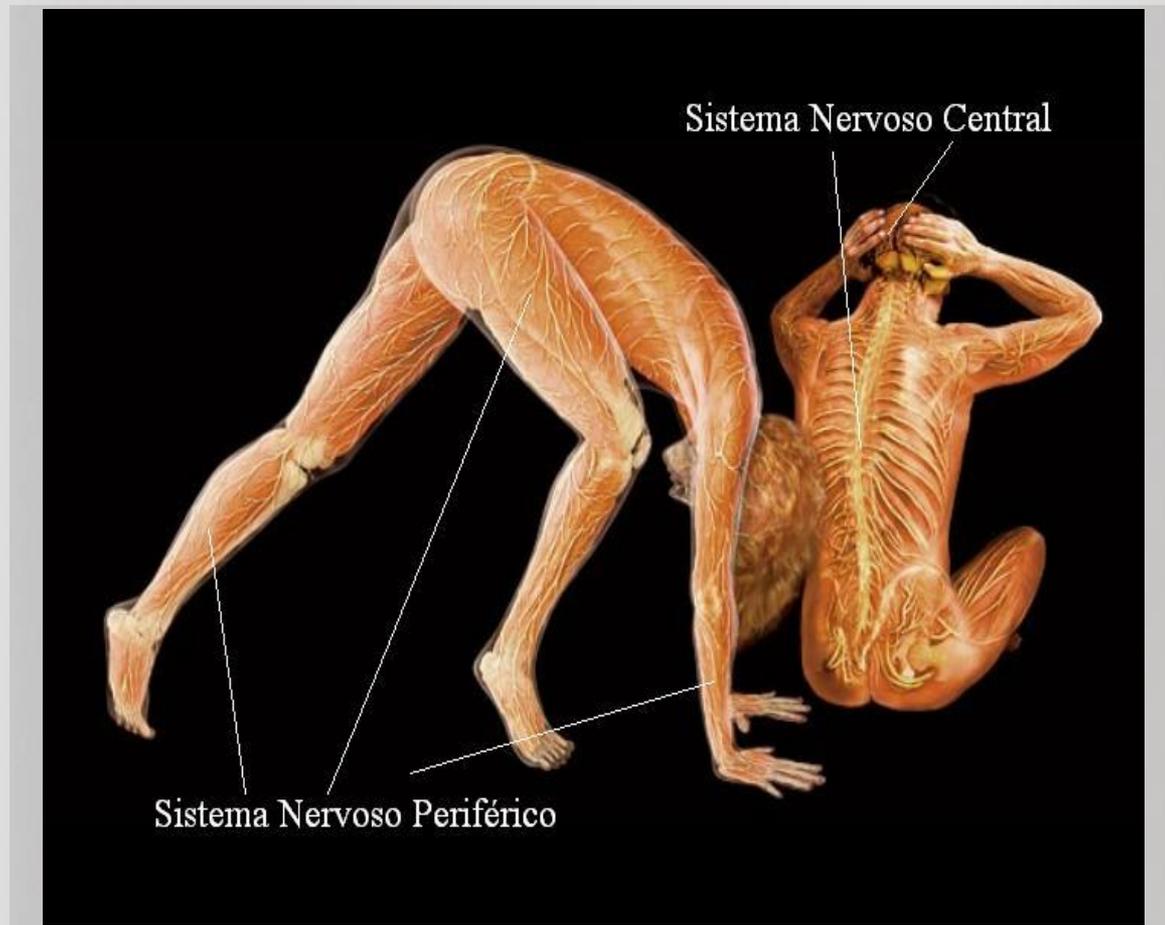


Created by Jay Herzmark, AFSCME local 1488

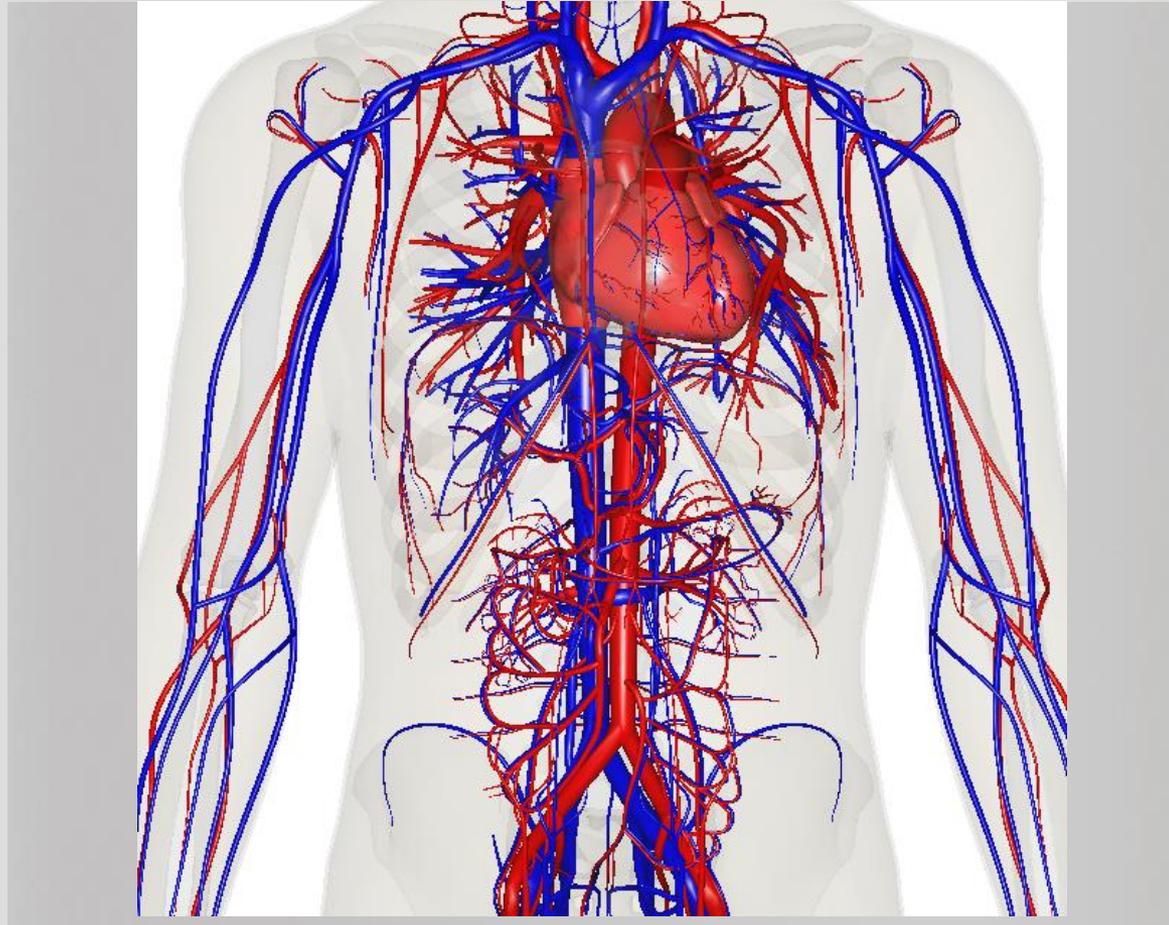
Labor Donated

**Trabalhador  
perfeito**

**Sistemas  
humanos**

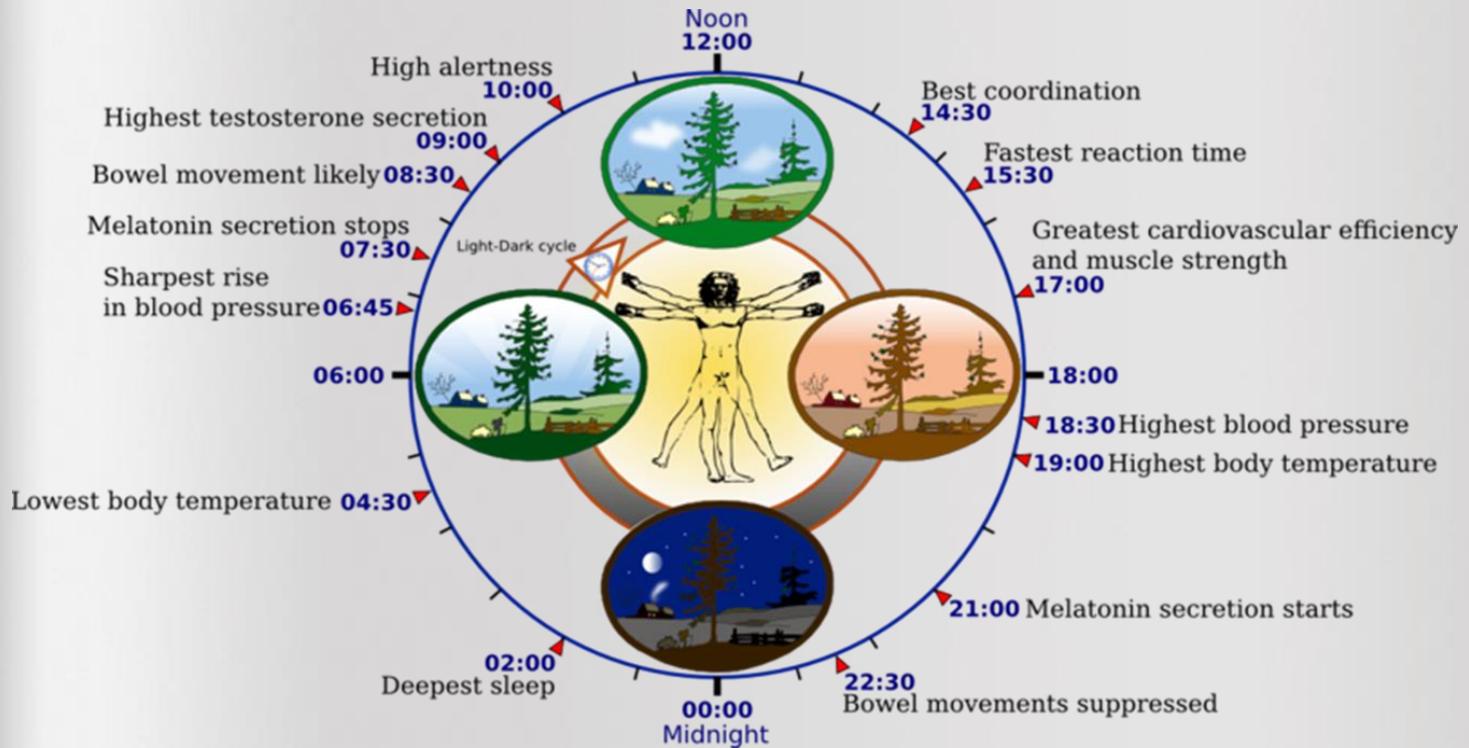


**Sistemas  
humanos**





**Sistemas  
humanos**

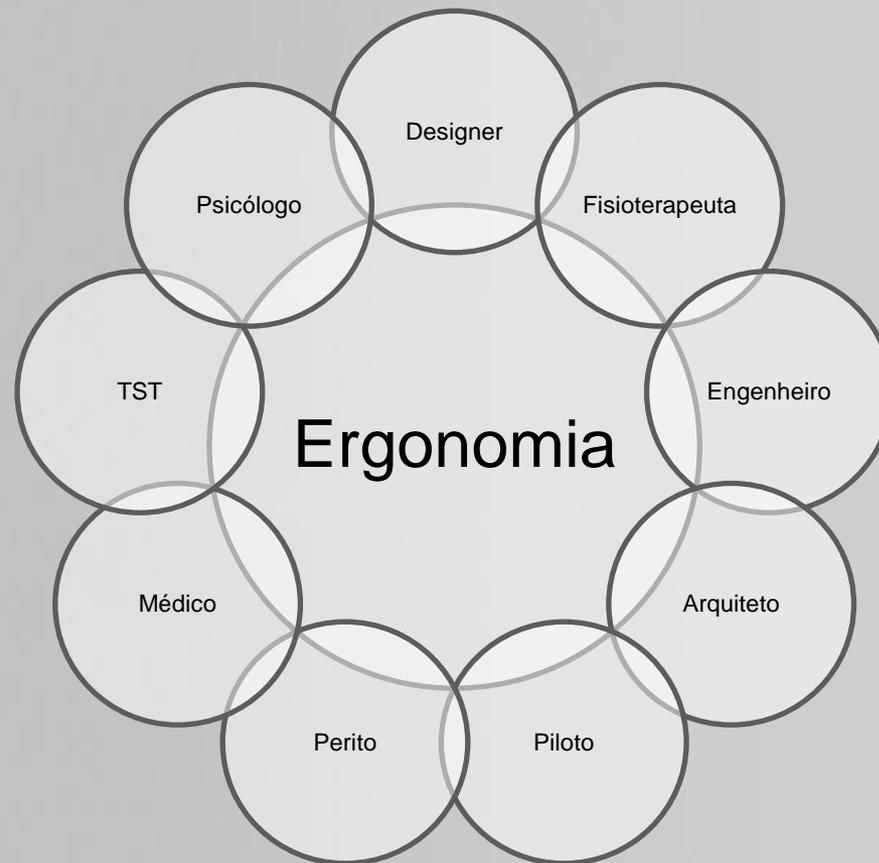


## Sistemas humanos

**2.**

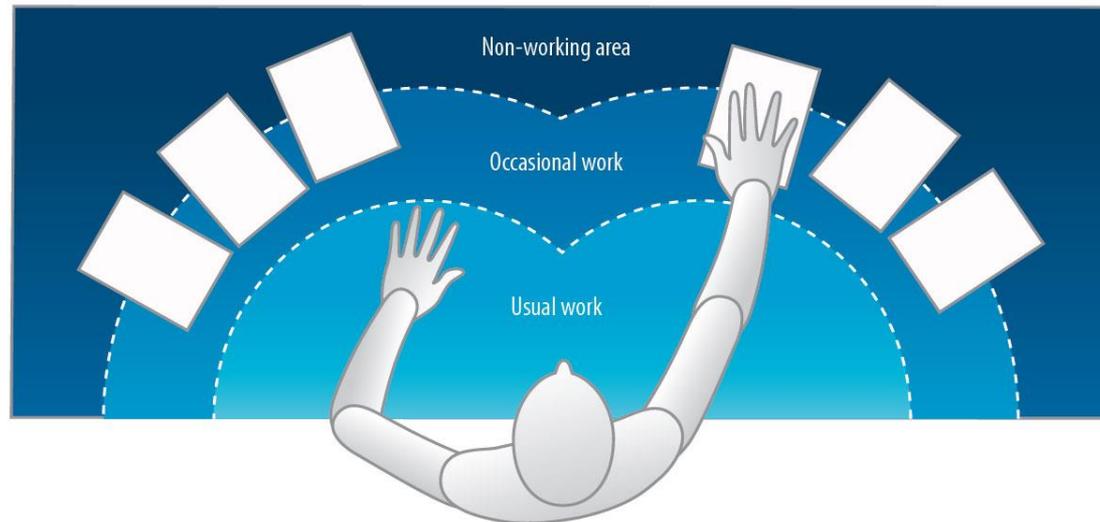
# **ABORDAGENS**

*Formas de atuação em diferentes níveis*



**Profissões**

## Ergonomia física

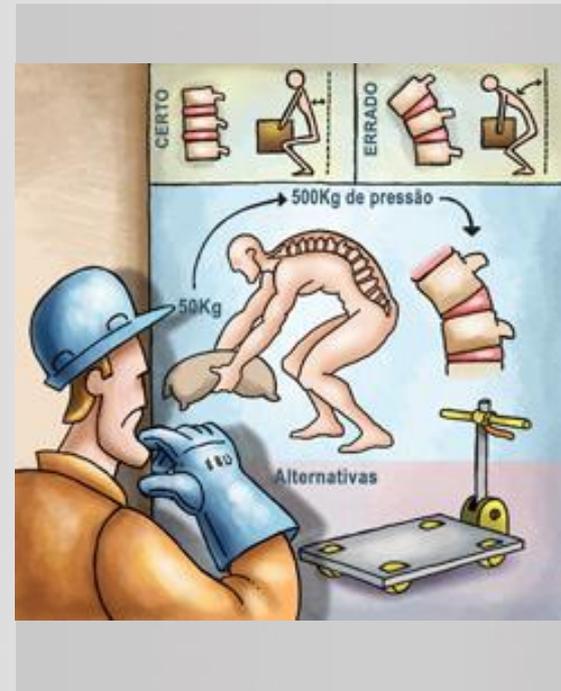


# Ergonomia física



## Movimentação e postura no trabalho

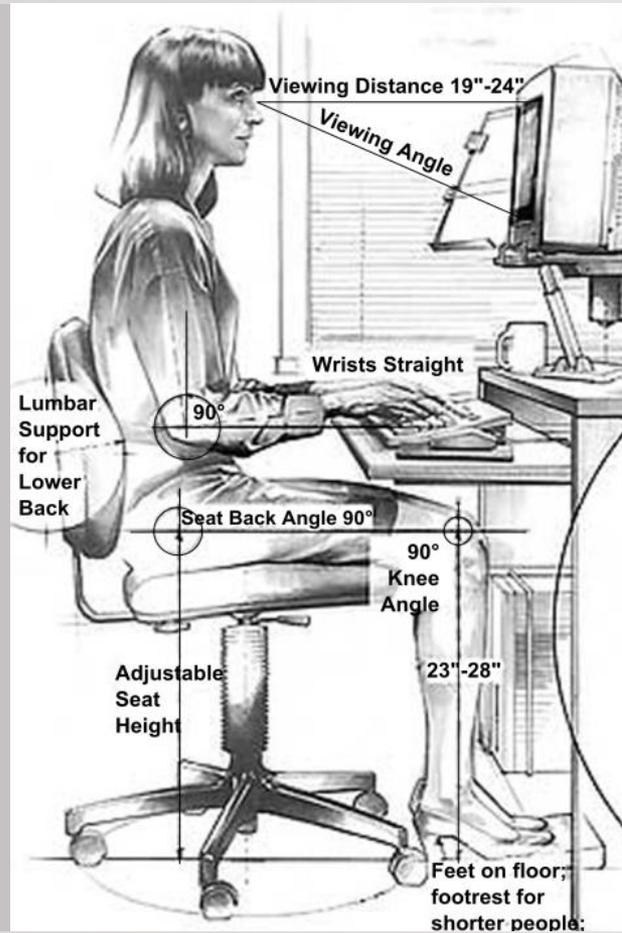
As pessoas repetem posturas ruins porque querem ou porque precisam?

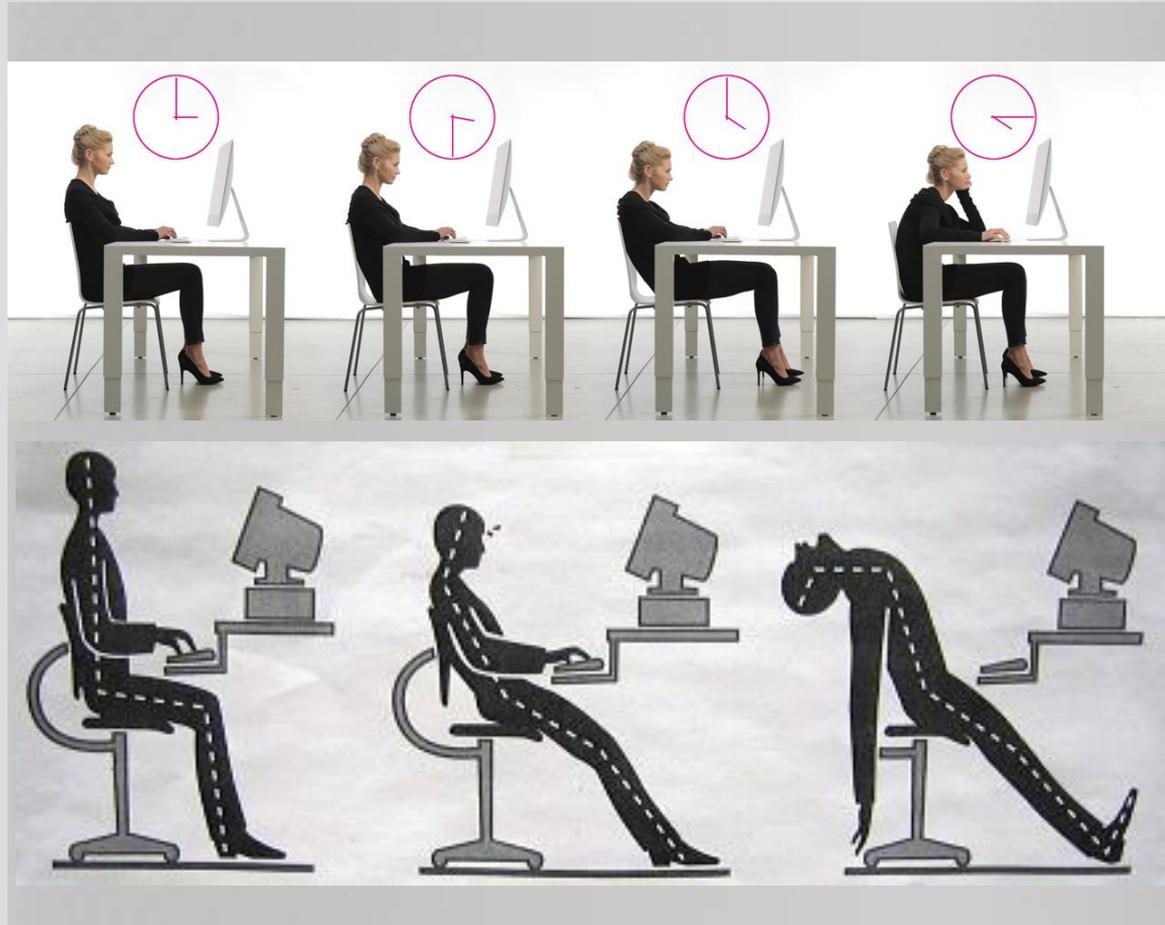




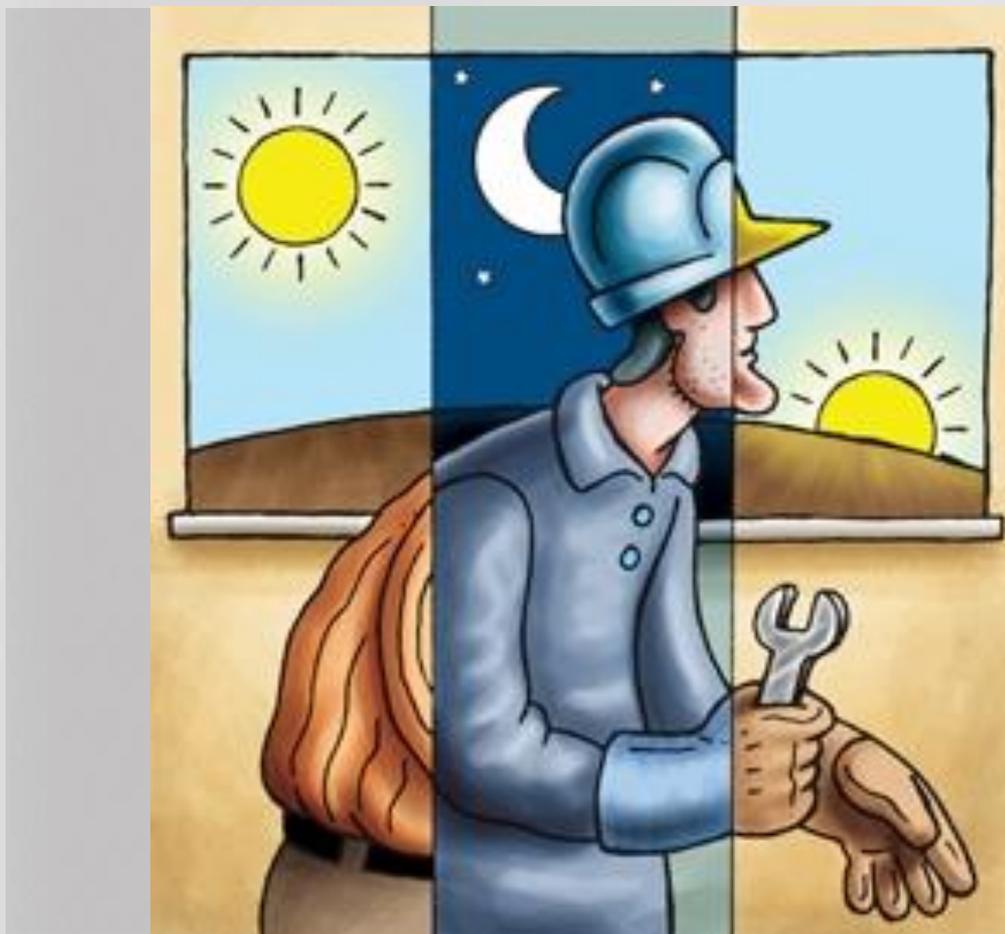
**DORT**

## Trabalhar sentado





**Trabalhar  
sentado**



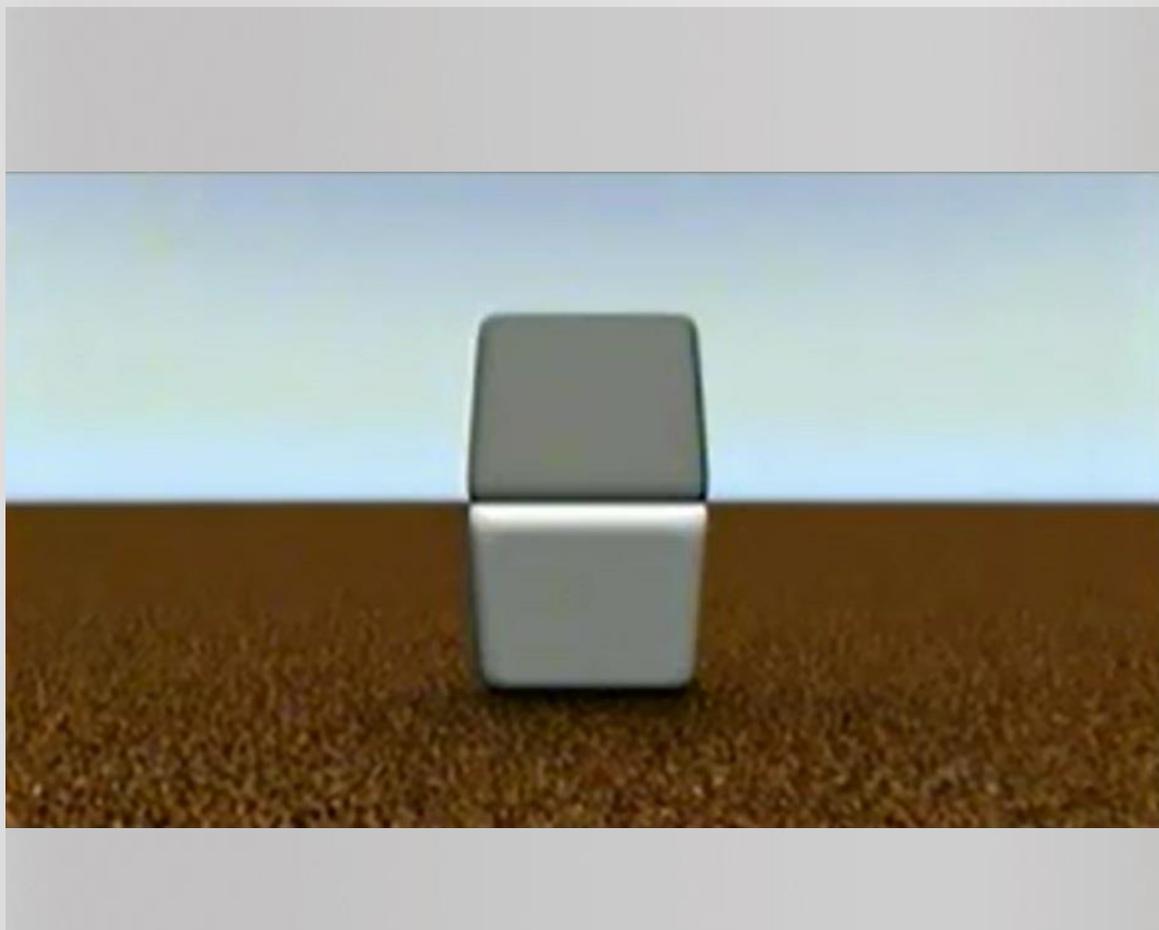
**Turnos**

## Turnos

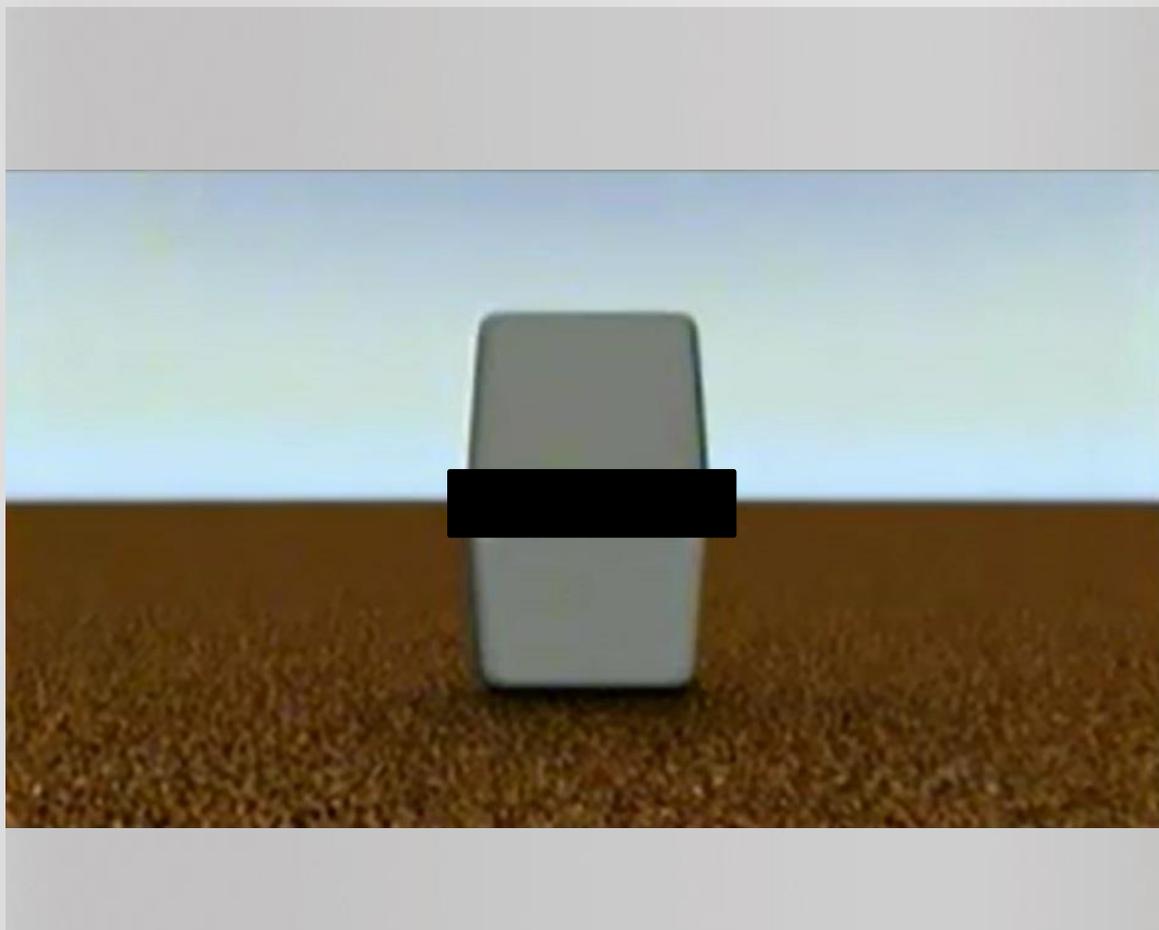
	Turno	S	T	Q	Q	S	S	D
Semana 1	00	D	D	A	A	A	E	E
	08	A	B	B	B	D	D	D
	16	E	E	E	C	C	C	C
Semana 2	00	E	E	D	D	D	B	B
	08	D	C	C	C	E	E	E
	16	B	B	B	A	A	A	A
Semana 3	00	B	B	E	E	E	C	C
	08	E	A	A	A	B	B	B
	16	C	C	C	D	D	D	D
Semana 4	00	C	C	B	B	B	A	A
	08	B	D	D	D	C	C	C
	16	A	A	A	E	E	E	E
Semana 5	00	A	A	C	C	C	D	D
	08	C	E	E	E	A	A	A
	16	D	D	D	B	B	B	B



**Cognição**



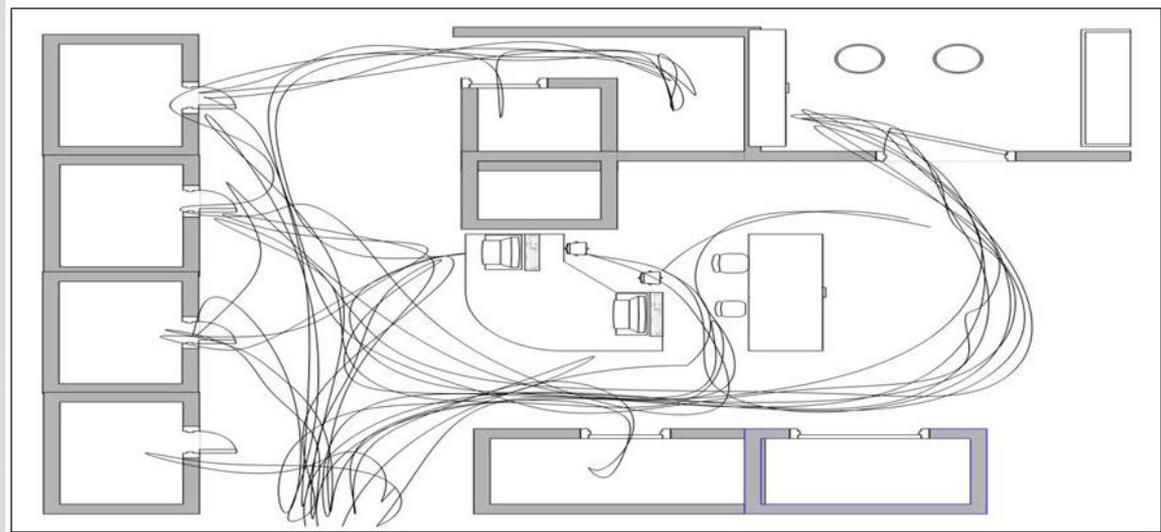
**Cognição**



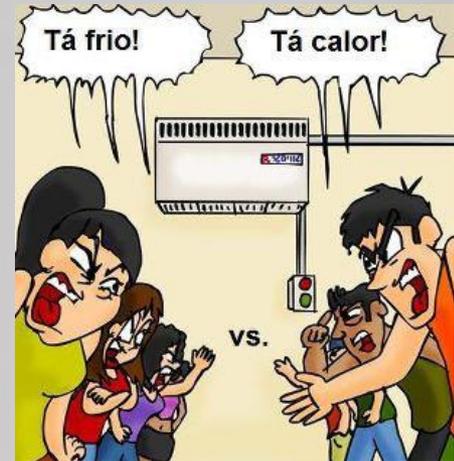
**Cognição**



## Organização



**Organização**



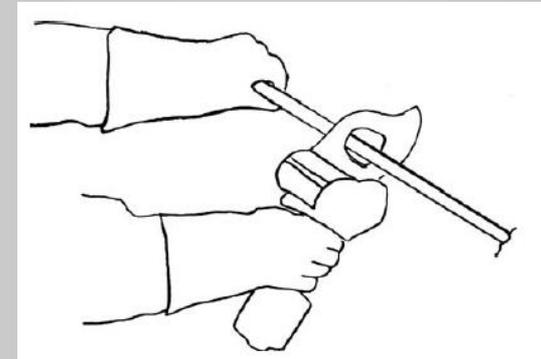
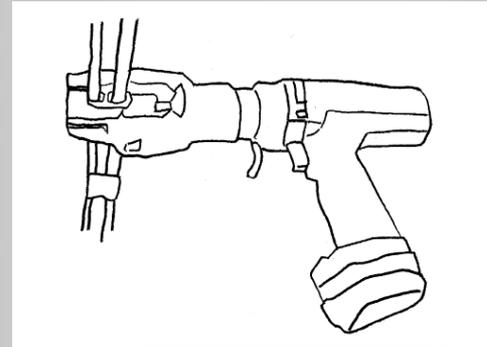
**Ambiental**



**Novas Idelas**



**Novas Idelas**

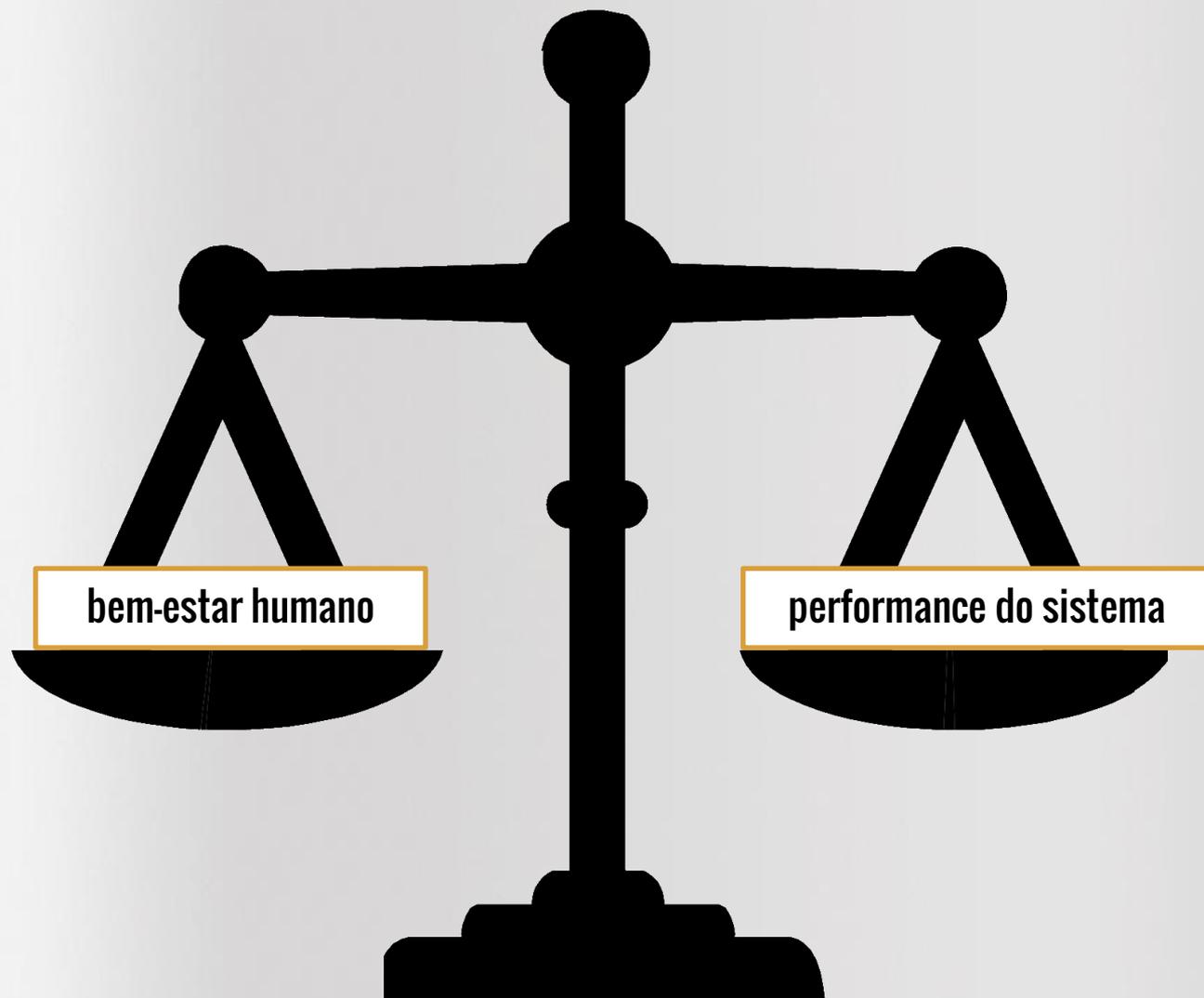


**Novas Idéias**

**3.**

# **CONTRIBUIÇÕES**

*Benefícios para o trabalhador e para o sistema*



“

*Sempre foi assim...*

*Não vem querer ensinar o meu  
trabalho...*

*Isso aí são eles que decidem...*

*Tanta gente querendo trabalhar e esse  
aí fazendo corpo mole...*

**Custo-  
benefício**



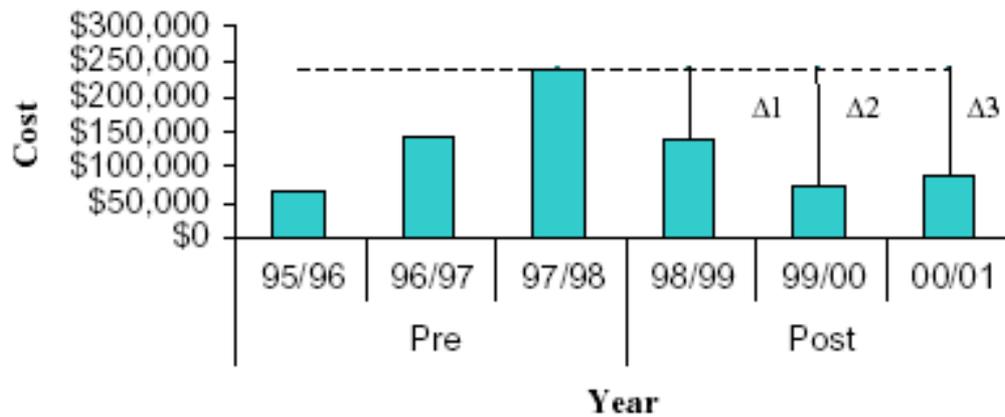


Fig. 1. Total cost of claims pre- and post-intervention.

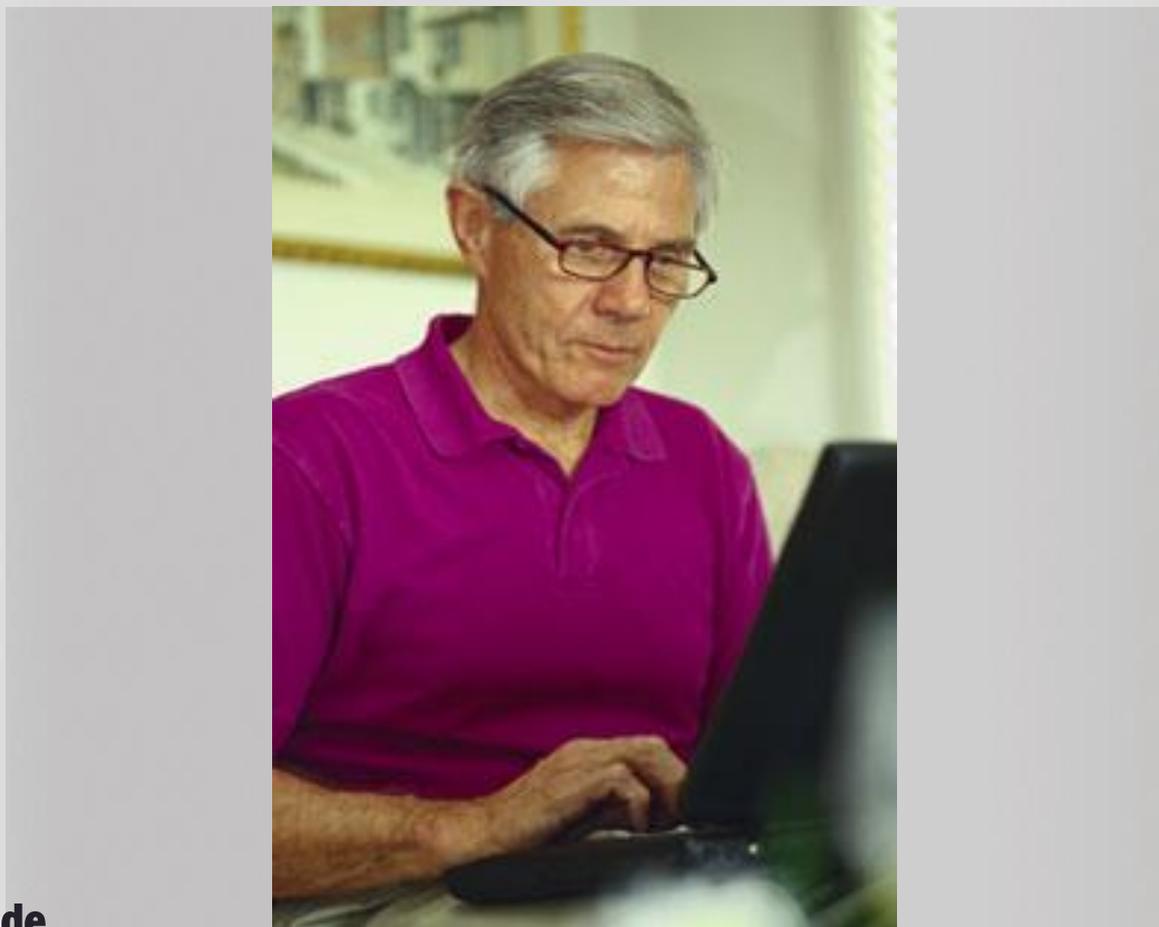
**Custo-  
benefício**

# 4. **TÓPICOS ATUAIS**

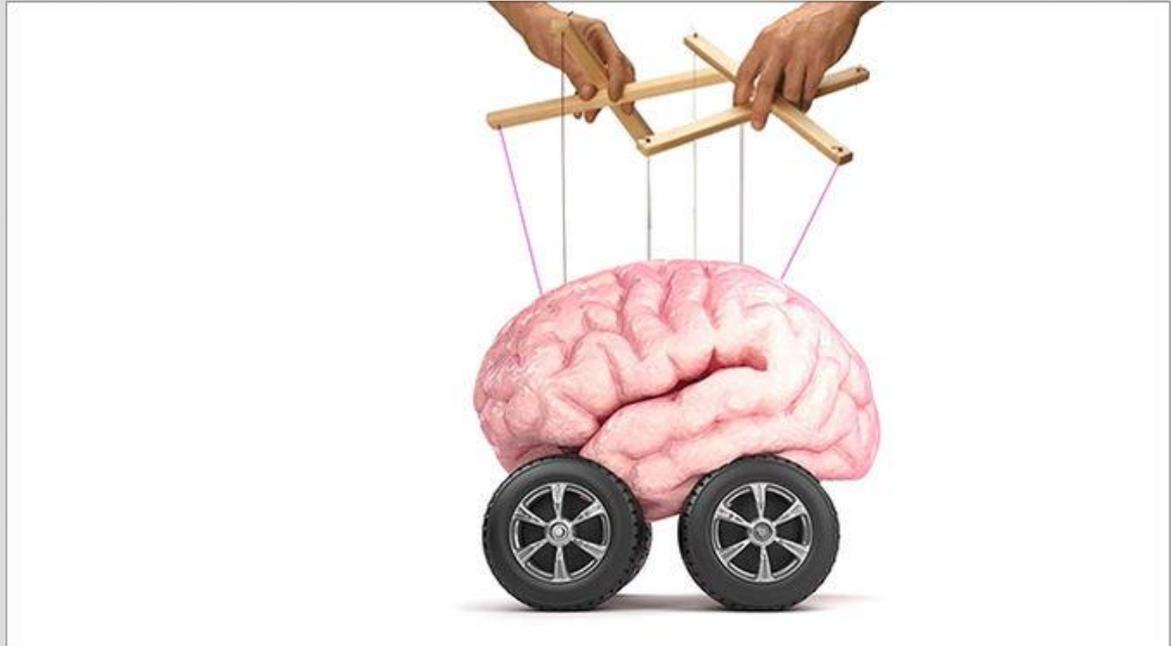
*Novos estudos sobre características psicossociais*



**Ansiedade**

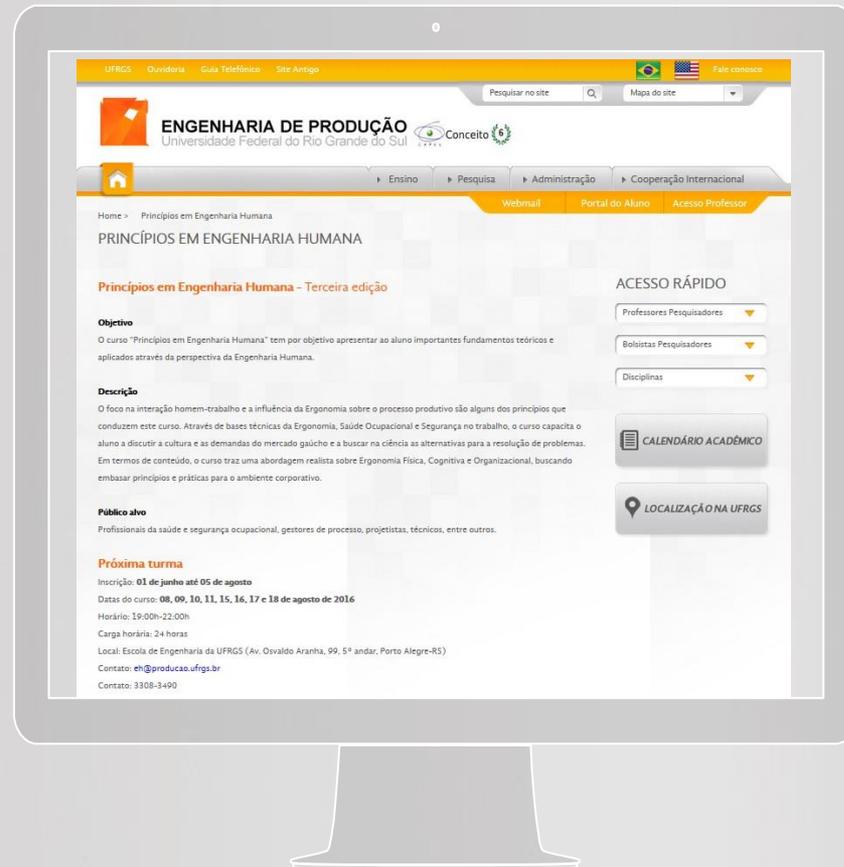


**Acessibilidade**



**Piloto  
automático**

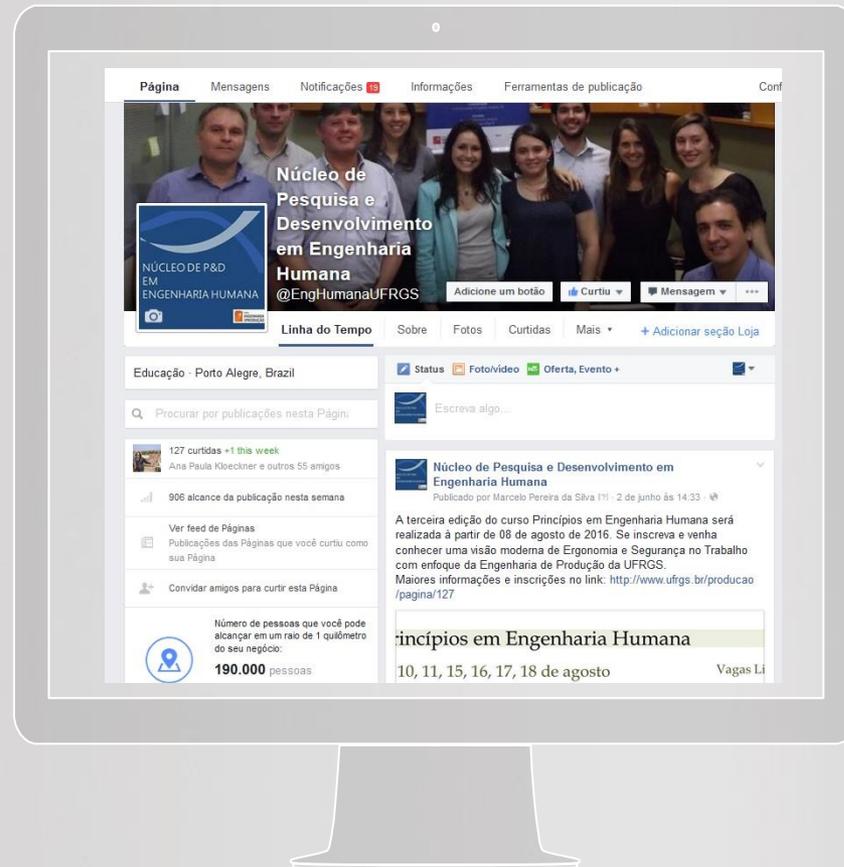
# Capacitação em Engenharia Humana



# Especialização em Ergonomia



## Núcleo de P&D em Engenharia Humana no Facebook



## Professor de Ergonomia no Facebook



# OBRIGADO!

**Perguntas?**

Você pode me contatar em  
[ergocelo@gmail.com](mailto:ergocelo@gmail.com)

