Stand-Up Ergonomics

Communicating to Designers & the Public

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- Director of Research & Interaction Design @Bresslergroup
- Expert in handheld devices, instruments, and interfaces
- Designed consumer, industrial and medical products
- Worked with New York Stock Exchange, Siemens, US Air Force
“Stand-Up”

- (of a comedian) delivering a comic monologue while alone on the stage.
- A good solid man business man, can be trusted.
Communicating Ergonomics
Case Studies for Communicating Ergonomics

① Ergonomics for Marketing Products
② Ergonomics for Interaction Designers
③ Ergonomics for the Design Public
Case Studies for Communicating Ergonomics

① Ergonomics for Marketing Products
② Ergonomics for Interaction Designers
③ Ergonomics for the Design Public
Ergonomics for Marketing Products

- Digestible
- Quantitative
- Differentiated
Ergonomics for Interaction Designers

- Relatable
- Appropriately Technical
- Actionable
Ergonomics for the Design Public

• Relevant
• Brief
• Humorous

BUREAU OF ERGONOMICS

Dr. Bob Tannen, a Certified Professional Ergonomist, explains some of design’s biggest plagues

Q: What really makes a product "ergonomic"?

"Ergonomic" is a term that gets thrown around a lot these days. It’s like the old pornography adage, you know what you think it is, but you don’t know what it means until you see it. But it’s been around for a while now. The actual definition of ergonomic means something that is designed to maintain or promote comfort, health, and safety. It’s about making sure that the products we design are as comfortable and safe as possible. It’s important to keep in mind that comfort and safety are not always in line, so it’s important to strike a balance.

A: Like the old pornography adage, most people don’t have a clear definition of what makes a product “ergonomic” but they know it when they see it, or rather, feel it.

I’ve heard that with today’s texting generation, you’re all going to need finger and thumb joint replacements by the time we’re 60. Is this true?

Texting is just one of the many reasons for the high rate of carpal tunnel syndrome. Repetitive strain injuries are becoming more and more common, but they don’t have to be. Here are some tips to help:

1. Take breaks.
2. Adjust your equipment.
3. Use ergonomic tools.

Texting can be addictive, but it doesn’t have to be harmful. By following these tips, you can protect your wrists and hands from injury.

Bob Tannen is an expert in design and engineering, and he’s here to help. He can be contacted at Bob@BureauOfErgonomics.com.