



The Measure of Man and Woman: Human Factors in Design

By Alvin R. Tilley, Henry Dreyfuss Associates

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Human factors research impacts everything from the height of kitchen counters to the placement of automobile pedals to a book's type size. And in this updated and expanded version of the original landmark work, you'll find the research information necessary to create designs that better accommodate human need. Featuring more than 200 anthropometric drawings, this handbook is filled with all of the essential measurements of the human body and its relationship to the designed environment. You'll also discover guidelines for designing for children and the elderly, for the digital workplace, and for ADA compliance.

Measurements are in both English and metric units.

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The Measure of Man and Woman: Human Factors in Design By Alvin R. Tilley, Henry Dreyfuss Associates **Bibliography**

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Editorial Review

From the Inside Flap

"If people are made safer, more comfortable, more eager to purchase, more efficient—or just plain happier—the designer has succeeded."

—Henry Dreyfuss

Since the first printing of this landmark book in 1959, Henry Dreyfuss Associates has kept this invaluable resource current and at the forefront of anthropometric research—this edition is no exception.

The Measure of Man and Woman provides up-to-date measurements and information for children, teenagers, adult men and women, and the elderly through its detailed text, convenient tabular material, and 200 anthropometric drawings. Data and guidelines are also included for the visually and hearing-impaired, the wheelchair-bound, and others who are differently abled. All measurements are presented in imperial and metric units and reflect people of sizes ranging from the 1st to 99th percentiles.

Special features of this revised edition include:

- Critical information on issues surrounding the digital workplace
- Measurements for ADA compliance
- A website featuring a demo version of ErgoForms
- An introduction by Stephen B. Wilcox, PhD

In addition to human dimensions, *The Measure of Man and Woman* provides rates of growth and ranges of motion for the waist, neck, limbs, and all other parts of the body relevant to the design of objects and spaces. Much of the material here is focused on the safety issues that impact design, as well as environmental factors such as lighting, noise, temperature, color, and even radiation. Comprehensive coverage also includes practical information and measurements for designing corridors, ramps, bathroom facilities, and office workstations that comply with the Americans with Disabilities Act.

The Measure of Man and Woman is an invaluable reference for interior designers, architects, product designers, and students of these disciplines, as well as industrial engineers.

From the Back Cover

- More than 200 anthropometric diagrams fully detailing "the measure of man and woman" from childhood to old age
- Covers the needs of the differently abled in accordance with the Americans with Disabilities Act
- Human factors data on temperature, noise, radiation, lighting, and other environmental conditions
- Includes website with ErgoForms demo and CAD-ready sample figures

PRAISE FOR THE FIRST EDITION:

Gold Medal Winner for Design Explorations
—BUSINESS WEEK'S ANNUAL DESIGN AWARDS

"*The Measure of Man and Woman* is a critical reference that is a must for every design school and office. It is elegant in its simplicity and usability. Once again, the Henry Dreyfuss team makes a major contribution to the profession!"

—**HERB TYRNAUER, FIDSA**

"*The Measure of Man and Woman* is a major contribution to the understanding of anthropometric and ergonomic realities that influence the design process. It is a vital reference document that not only informs, but provokes an awareness of and a sensitivity to complex and composite issues. Not since Le Corbusier's more subjective and interpretive *Le Modulor* has there been a comprehensive reevaluation of man and woman's occupation of space and the subsequent implications, responsibilities, and possibilities."

—**CHARLES GWATHMEY, FAIA, ARCHITECT**

The Measure of Man and Woman provides a comprehensive resource of critical information for creating products and environments that will suit the physical dimensions of people across the globe and with varying abilities. The revised edition of this classic volume includes more than 200 color drawings, up-to-date information on designing for the digital workplace, measurements for ADA compliance, a website featuring a demo version of ErgoForms—an ergonomic CAD program—and much more.

About the Author

HENRY DREYFUSS ASSOCIATES, a leading New York design firm, has been a major developer of anthropometric data for more than seventy years, gathering and publishing all the essential measurements of the human body and its relationship to the designed environment.

ALVIN R. TILLEY (1914–93), the firm's specialist in human engineering for forty years, was recognized as one of the world's foremost authorities on human factors. The compiler of the data presented in this volume, Tilley was coauthor of *Humanscale* and a major contributor to this book's predecessor, *The Measure of Man*.

Users Review

From reader reviews:

Brian Lopez:

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Anthony Parker:

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Francis Corder:

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