

Physiological Aspects of Model Building

Ergonomics

- Hunching causes pain in neck, shoulders, back
- Height of model bench – higher is better
- Bring assemblies close to your face (if possible)
- Fatigue – physical, mental

Lighting & Vision

- Good lighting is ESSENTIAL
- Poor lighting causes eye strain, headache, fatigue
- Use magnifiers (glasses, loops) as necessary

Dehydration

- Drink hydrating fluids
- Put fluids in SAFE containers to avoid spills

Noise

- Irritating noises – mentally exhausting
- Play SOFT background music – IF it helps you relax & focus

Chemicals

- Proper ventilation, storage
- Proper safety gear
- Know the hazards
- Expect disasters, big & small

Benefits

- Beneficial to fine motor skills, creativity
- Regular activity involving manual dexterity & creativity have been shown to push back the advance of degenerative mental disorders (dementia, etc.)

Overall

- Proper ergonomics
- Reduce unnecessary distractions
- Know when to take breaks
- There are no “tough guy” medals for enduring long, exhausting build sessions
- This HOBBY is supposed to be ENJOYABLE... make it so!