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Ergonomics of an art studio: methodology for comfortable and productive creativity

Abstract. This article discusses the importance of applying the principles of ergonomics in an art studio. The emphasis is on the fact that a good organization of space and equipment, taking into account ergonomic principles, can significantly improve working conditions for an artist and increase his productivity. The article discusses the basic principles of ergonomics, such as the location of tools and materials, the choice of furniture, lighting and ventilation, which will help create a comfortable and efficient workspace for the artist. The article offers practical tips and recommendations on optimizing working conditions in an art studio in order to improve the quality and productivity of the creative process.

Keywords: ergonomics, art studio, workspace, working conditions, lighting, ventilation, optimization.

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Introduction. An art studio is a place where artists can freely express their creative energy. But in order for work to be productive and enjoyable, it is necessary to provide a comfortable and safe workspace that meets ergonomic requirements.

Ergonomics is a science that studies the interaction between humans and the environment. In the context of an art studio, ergonomics helps to ensure the optimal location of workplaces, lighting, temperature and other factors that can influence the creative process.

Materials and methods. 1. *The artist's workplace.* Important aspects of the ergonomics of the art studio are the correct location and equipment of workplaces. Each workplace should be individually customized for a particular artist, taking into account his physical characteristics and needs.

The main elements that need to be taken into account when organizing an artist's workplace:

-A chair: should be comfortable and have an adjustable height so that the artist can choose the most suitable height for himself;

-Desktop: should have enough space to work, not too high or low, and be able to adjust the tilt;

-Stands for brushes and paints: should be located in a place convenient for the artist.

2. *Lighting.* Lighting plays an important role in how we see and perceive the world around us. In an art studio, proper lighting can make the difference between comfortable and productive work and eye fatigue. The main requirements for lighting in an art studio:

-Lighting must be sufficient and uniform;

-The fixtures should be positioned in such a way as to exclude shadows on the work surface;

-The color of the light must be natural so that the artist can see the colors as they really are (Fig. 1).



Figure 1: The color should be natural

3. *Temperature and humidity.* Temperature and humidity can also affect the comfort and productivity of artists in an art studio. Excessively hot or cold rooms can lead to fatigue and irritation, and too dry air can cause health problems such as dry eyes. Recommendations on temperature and humidity in the art studio: the temperature should be comfortable for working in clothes appropriate to the time of the year; humidity should be between 40% and 60% to prevent dryness and irritation of the eyes.

4. *Ergonomic tools.* Ergonomic tools can help artists work more productively and comfortably, reducing the risk of injury and fatigue. Some examples of ergonomic tools for artists: brushes with an elongated handle for working in hard-to-reach places; special stands for drawing, which provide an angle of inclination and a convenient location of the drawing; ergonomically designed handles that provide a comfortable grip and reduce fatigue.

In conclusion, the ergonomics of an art studio is an important aspect that can help artists work comfortably and productively. The optimal location of workplaces, proper lighting, temperature and

humidity, as well as the use of ergonomic tools can improve the quality of creative work and improve the health of artists.

5. *Organization of the space.* The organization of the space also plays an important role in the ergonomics of the art studio. Artists should have enough space to work, as well as to store their materials and tools. Improper organization can lead to disorder, which can worsen the efficiency and comfort of work. Recommendations for the organization of space in an art studio: work desks should be spacious enough to accommodate all the necessary materials and tools; storage of materials and tools should be convenient and accessible so that artists can quickly find the right item; the space should be well lit and provide sufficient ventilation to maintain a comfortable temperature and humidity.

6. *Regular breaks and exercises.* Finally, in order to maintain health and comfort, artists need to take regular breaks and perform exercises to soften muscles and relieve tension. Recommendations for regular breaks and exercises in the art studio: it is recommended to take breaks every 30-60 minutes to rest your eyes and soften your muscles; exercises for the eyes and hands can help relieve tension and prevent injury; in addition to exercises, artists can also try other relaxation techniques such as meditation or yoga.

It should also be mentioned that artists working in art studios may face a number of additional factors that may affect their health and work comfort. Some of these factors may include:

Noise. If the art studio is located next to a road, or there are loud cars in it, this can become a source of distractions and harmful noise;

Chemicals. Artists working with paints and solvents may be exposed to harmful chemicals that can damage their health. It is recommended to use lung and eye protection when working with such substances;

Lifestyle. The sedentary lifestyle associated with an artist's work can lead to health problems such as obesity, heart and muscle

problems. It is recommended to exercise and maintain a healthy lifestyle in general. Emotional well-being. Artists may face emotional stress related to the creative process, deadlines, and results of their work. It is recommended to learn how to manage stress and take positive measures to maintain emotional well-being. In general, a well-organized and ergonomic art studio can become a place where artists can create freely without facing unnecessary stress and painful consequences. At the same time, they can achieve high results and produce high-quality works of art. If the owners of an art studio take ergonomics seriously, they will be able to create a more productive and healthy workplace for artists. It can also improve the quality of the work and increase their customer satisfaction. In conclusion, ergonomics plays an important role in the art studio, where the health and comfort of artists come first. Attention must be paid to every aspect of workplace organization, from the selection of furniture and equipment to noise management and air circulation. All these factors will influence the productivity and effectiveness of artists in their creative process.

How to set up an artist's studio in an apartment? Although not every artist can afford a separate room for work, it is possible to create a functional and inspiring space by following a few simple rules. It is important that the room is bright, so choose soft and calm tones for the walls, preferably white, to create the impression of spaciousness. When choosing a floor covering, consider its practicality. Windows in the north will provide uniform natural lighting, and additional high-quality lamps can help in the dark.

Conclusions. For oil painting, it is convenient to use high shelving shelves to place the canvases vertically and avoid their contact. Creative materials should be kept in plain sight, not hidden, so that they are easily accessible and at the same time can serve as a decorative element in the workshop. This will not only make them functional, but also give the interior an atmosphere of creativity, stimulating you to work.

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Арт-студияның эргономикасы: ыңғайлы және өнімді шығармашылық әдістемесі

Аңдатпа. Бұл мақалада арт-студияда эргономика принциптерін қолданудың маңыздылығы талқыланады. Эргономикалық принциптерді ескере отырып, кеңістікті және жабдықты жақсы ұйымдастыру суретшінің еңбек жағдайын едәуір жақсартып, оның өнімділігін арттыра алатындығына баса назар аударылады. Мақалада эргономиканың негізгі принциптері қарастырылады, мысалы, құралдар мен материалдардың орналасуы, жиһазды таңдау, жарықтандыру және желдету, бұл суретші үшін ыңғайлы және тиімді жұмыс кеңістігін құруға көмектеседі. Мақалада шығармашылық

процестің сапасы мен өнімділігін арттыру мақсатында арт-студиядағы еңбек жағдайларын оңтайландыру бойынша практикалық кеңестер мен ұсыныстар берілген.

Түйін сөздер: эргономика, арт-студия, жұмыс кеңістігі, еңбек жағдайлары, жарықтандыру, желдету, оңтайландыру.

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Эргономика арт-студии: методология комфортного и продуктивного творчества

Аннотация. Данная статья обсуждает важность применения принципов эргономики в арт-студии. Акцент делается на том, что хорошая организация пространства и оборудование с учетом эргономических принципов могут значительно улучшить условия труда для художника и повысить его производительность. В статье рассматриваются основные принципы эргономики, такие как расположение инструментов и материалов, выбор мебели, освещение и вентиляция, которые помогут создать комфортное и эффективное рабочее пространство для художника. В статье предлагаются практические советы и рекомендации по оптимизации условий труда в арт-студии с целью повышения качества и продуктивности творческого процесса.

Ключевые слова: эргономика, арт-студия, рабочее пространство, условия труда, освещение, вентиляция, оптимизация.

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