

**FATIGUE STUDY: THE
ELIMINATION OF HUMANITY'S
GREATEST UNNECESSARY
WASTE:
A FIRST STEP IN MOTION STUDY**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649581979

Fatigue Study: The Elimination of Humanity's Greatest Unnecessary Waste: A First Step in Motion Study by Frank B. Gilbreth & Lillian M. Gilbreth

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FRANK B. GILBRETH & LILLIAN M. GILBRETH

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FATIGUE STUDY

THE
BIBLIOPHILE



FIG. 1

This is a picture of the pin plan we use, which shows the city as divided into districts, and which shows the collectors and contributors, as marked by different coloured pins.

FATIGUE STUDY

*The Elimination of Humanity's Greatest
Unnecessary Waste*

A FIRST STEP IN MOTION STUDY

BY

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STURGIS & WALTON

COMPANY

1916

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Set up and electrotyped. Published February, 1918.

TO THE
LIBRARY OF THE
CONGRESS

PREFACE

In the final analysis, that organization is best that has the best quality of workers. No organization can continue to be of first quality whose workers are over-fatigued. Other things being equal, that country will be most happy and most successful whose workers have the least unnecessary fatigue.

Aside from the pleasure one may obtain from it, it is the duty of every one to eliminate the causes of unnecessary fatigue, and to promote the dissemination of knowledge of how to recover most quickly from unnecessary and necessary fatigue.

Fatigue study rests on scientific investigation that requires the special training of an expert, and laboratory methods and equipment; but there are elementary methods of studying and eliminating fatigue that are not only so simple that any one can understand and apply them, but that are also a definite stage in the preparation of the fatigue study expert.

PREFACE

It is the aim of this book to outline both these preliminary methods and the scientific methods of fatigue elimination and to put the available material for fatigue study into such shape that any one interested may make immediate, definite, and profitable use of it.

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