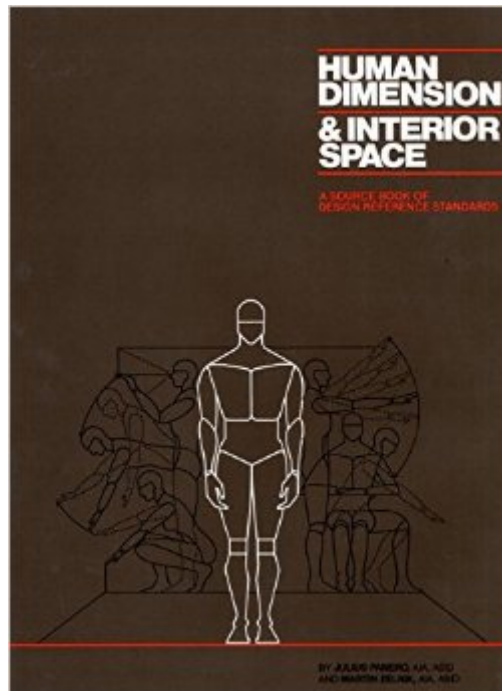


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# Human Dimension & Interior Space: A Source Book Of Design Reference Standards



## **Synopsis**

The study of human body measurements on a comparative basis is known as anthropometrics. Its applicability to the design process is seen in the physical fit, or interface, between the human body and the various components of interior space. *Human Dimension and Interior Space* is the first major anthropometrically based reference book of design standards for use by all those involved with the physical planning and detailing of interiors, including interior designers, architects, furniture designers, builders, industrial designers, and students of design. The use of anthropometric data, although no substitute for good design or sound professional judgment should be viewed as one of the many tools required in the design process. This comprehensive overview of anthropometrics consists of three parts. The first part deals with the theory and application of anthropometrics and includes a special section dealing with physically disabled and elderly people. It provides the designer with the fundamentals of anthropometrics and a basic understanding of how interior design standards are established. The second part contains easy-to-read, illustrated anthropometric tables, which provide the most current data available on human body size, organized by age and percentile groupings. Also included is data relative to the range of joint motion and body sizes of children. The third part contains hundreds of dimensioned drawings, illustrating in plan and section the proper anthropometrically based relationship between user and space. The types of spaces range from residential and commercial to recreational and institutional, and all dimensions include metric conversions. In the Epilogue, the authors challenge the interior design profession, the building industry, and the furniture manufacturer to seriously explore the problem of adjustability in design. They expose the fallacy of designing to accommodate the so-called average man, who, in fact, does not exist. Using government data, including studies prepared by Dr. Howard Stoudt, Dr. Albert Damon, and Dr. Ross McFarland, formerly of the Harvard School of Public Health, and Jean Roberts of the U.S. Public Health Service, Panero and Zelnik have devised a system of interior design reference standards, easily understood through a series of charts and situation drawings. With *Human Dimension and Interior Space*, these standards are now accessible to all designers of interior environments.

## **Book Information**

Hardcover: 320 pages

Publisher: Watson-Guptill; Revised ed. edition (1979)

Language: English

ISBN-10: 0823072711

ISBN-13: 978-0823072712

Product Dimensions: 9.4 x 1.1 x 12.1 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #67,536 in Books (See Top 100 in Books) #56 in [Books > Arts & Photography > Architecture > Interior Design](#) #118 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > Decorating & Design > Interior Decorating](#) #154 in [Books > Arts & Photography > Decorative Arts & Design > Decorative Arts](#)

## Customer Reviews

Human Dimension & Interior Space provides information about interior space requirements and human dimensions that are indispensable to the beginning design student or the practicing professional. Its drawings and charts are clear, easy to understand and even easier to apply. It should be part of every design professional's library or student's required reading list. It is also refreshing to note that this book has integrated barrier free design/accessibility issues into each space type that is covered, and not made it a separate issue.

As a licensed Interior Designer I refer to this book frequently. To determine the space required for any activity from opening a file drawer to dining, watching a movie or simply removing an object from a shelf this book gives it to you straight with no fluff. It contains simple but indispensable scientific data for the 95th percentile and beyond. Whether you are a student or a professional, in Interior Design, Architecture or Industrial Design I highly recommend Human Dimension and Interior Space.

I bought this book as an inexpensive alternative to "TIME SAVER STANDARDS FOR INTERIOR DESIGN AND SPACE PLANNING" by Joseph Dechiara and found it to be a poor substitute. While this book has useful information on human dimensions it falls short when portraying ergonomic information. OK for an introductory book on the subject but "TIME SAVER STANDARDS..." is a far superior reference.

The book was copyrighted in 1979, and a lot of the data was fairly old even then. People are only a little taller (about 1" over the period when most of this data was taken, around 1960), but 25 or so pounds heavier at the 95th percentile. This is pretty significant when you're working with seating. It's

great for its time, far better than nothing, but the body dimensions need revisiting. Also, bariatric furniture development, and I'm sure other areas for very large people, need body dimensions of people who are well above even the 99th percentile. There's no need to stop there just because you've covered nearly everyone. There's an increasing number of people in the country that really needs design data for people up to and even over 500 lbs.

book is packed with useful diagrams and illustrations. A highly recommended alternative to better known expensive standards books. It is a very handy desktop reference!

It sits atop my shelf beautifully researched and authored. It's the key to human-centered design or any design for that matter. It covers the golden ratio and leaves the best woven in the detailed measurements of body parts. It helped me design a delightful bookcase and a mudroom that doesn't feel claustrophobic. These days, I don't turn to it much, but I'm ever reminded of the wisdom it contains. For measure twice and cut once does you no good, if you're measuring the wrong thing.

I'm currently in my second year (of three) studying interior design. This book was recommended by a teacher, and I must say...it is WAY better than any of the other textbooks we are forced to buy. If you're looking for a very pictorial book that is easy to read and understand, and that is comprehensive in the information it covers, this is for you! Great for students, I've recommended this to all my fellow classmates.

This book is simply awesome for people designing both furniture and buildings. Even though it does not give you details for all possible situations, it is a very well set up book that is simple to use. I give it a star less for the sloppy conversions into metric. (I would rather be interested in rounded up figures than in the exact measurements). All by all more than worth its money

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