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Ergonomic principles related to mental workload —

Part 3: Principles and requirements concerning methods for measuring and assessing mental workload

Principes ergonomiques relatifs à la charge de travail mental —

*Partie 3: Principes et exigences concernant les méthodes de mesurage
et d'évaluation de la charge de travail mental*



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Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

International Standards are drafted in accordance with the rules given in the ISO/IEC Directives, Part 2.

The main task of technical committees is to prepare International Standards. Draft International Standards adopted by the technical committees are circulated to the member bodies for voting. Publication as an International Standard requires approval by at least 75 % of the member bodies casting a vote.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights.

ISO 10075-3 was prepared by Technical Committee ISO/TC 159, *Ergonomics*, Subcommittee SC 1, *Ergonomic guiding principles*.

ISO 10075 consists of the following parts, under the general title *Ergonomic principles related to mental workload*:

- *Part 1: General terms and definitions*
- *Part 2: Design principles*
- *Part 3: Principles and requirements concerning methods for measuring and assessing mental workload*

A Technical Report will accompany these parts to explain to non-experts the basic concepts and how to use these parts.

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Introduction

This part of ISO 10075 specifies technical information relevant in the context of constructing, evaluating and choosing measurement instruments for assessing mental workload as defined and treated in ISO 10075 and ISO 10075-2. Familiarity with the concepts discussed in these two documents is required to understand the provisions of this part of ISO 10075.

Since mental workload is a part of the total workload, users of this part of ISO 10075 should also be familiar with the concepts and provisions presented in ISO 6385.

This part of ISO 10075 aims at providing information for the development of measurement instruments, about which specifications will be required to evaluate a given procedure with regard to its usability as a measuring instrument for assessing mental workload.

This part of ISO 10075 addresses requirements for instruments measuring different aspects of mental workload, but it does not specify which instruments should be used, e.g. psychological scaling or psychophysiological methods. The choice of which instruments to use can be facilitated by the provision of appropriate information.