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Ergonomics — Evaluation of static working postures

Ergonomie — Évaluation des postures de travail statiques



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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 3.

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 International Standard may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights.

International Standard ISO 11226 was prepared by Technical Committee ISO/TC 159, *Ergonomics*, Subcommittee SC 3, *Anthropometry and biomechanics*.

Annexes A and B of this International Standard are for information only.

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Introduction

Pain, fatigue and disorders of the musculoskeletal system may result from sustained inadequate working postures that may be caused by poor work situations. Musculoskeletal pain and fatigue may themselves influence posture control which can increase the risk of errors and may result in reduced quality of work or production, and in hazardous situations. Good ergonomic design is a basic requirement to avoid these adverse effects.

This International Standard contains an approach to determine the acceptability of static working postures. The content of the standard is based on current ergonomic knowledge, and is subject to changes according to future research.

It is connected with ISO 11228-1, ISO 11228-2 and ISO 11228-3 (see [1], [2] and [3] in the Bibliography).