DIN EN ISO 10075-1:2018-01 (E)

Ergonomic principles related to mental workload - Part 1: General issues and concepts, terms and definitions (ISO 10075-1:2017)

Contents

Page

European foreword ... **3**

Foreword ... **4**

Introduction ... **5**

1 Scope ... **6**

2 Normative references ... **6**

3 Terms and definitions ... **6**

4 Concepts ... **10**

4.1 General ... 10

4.2 Mental stress ... 10

4.2.1 Components of mental stress ... 10

4.2.2 Short- vs. long-term effects of mental stress ... 11

Annex A (informative) **Additional explanations of terms and concepts** ... **12**

Bibliography ... **14**