

ISO/TR 23076:2021-10 (E)

Ergonomics - Recovery model for cyclical industrial work

Contents		Page
Foreword		iv
Introduction		v
1	Scope	1
2	Normative references	1
3	Terms and definitions	2
4	Proposed approach	5
4.1	The correct work content	5
4.2	Design of a standard working method	6
4.3	Work measurement	7
4.3.1	General	7
4.3.2	Standard work performance	7
4.3.3	Real action	8
4.4	Task assignment and work organization	9
4.5	Biomechanical load measurement	10
4.6	Ergonomic work allowance (EWA)	11
4.6.1	General	11
4.6.2	Traditional approach	12
4.6.3	Proposed approach: EWA	13
4.6.4	Design criteria	18
4.7	Organizational solutions	19
4.7.1	General	19
4.7.2	Strategies to reduce the overall load index	19
5	Ergonomic assessment worksheet (EAWS)	20
5.1	System overview	20
5.2	EAWS basic structure	20
5.2.1	General	20
5.2.2	Section 0: extra points	23
5.2.3	Section 1: body postures	24
5.2.4	Section 2: action forces	25
5.2.5	Section 3: manual material handling of loads	26
5.2.6	Section 4: repetitive motions of the upper limbs	27
6	EWA effect on EAWS score	29
6.1	General	29
6.2	Effect of recovery time on typical workstations	32
6.3	EAWS based EWA model	33
Annex A (informative) EAWS scoring procedure		35
Bibliography		144