

ISO/TS 20646-1:2004-05 (E)

Ergonomic procedures for the improvement of local muscular workloads - Part 1: Guidelines for reducing local muscular workloads

Contents		Page
Foreword		iv
Introduction		v
1	Scope	1
2	Normative references	1
3	Terms and definitions	1
4	General guiding principles	2
4.1	Basic principles to reduce LMWL	2
4.2	Basic framework and responsibilities of LMWL-reduction activities	2
4.2.1	Organization at the enterprise level	3
4.2.2	Organization at the department level	3
4.2.3	Advisory organization	3
4.3	Processes for LMWL risk assessment including implementation of risk reduction activity	3
4.3.1	Risk analysis	3
4.3.2	Specifying risk reduction measures followed by a small trial of the improvement	5
4.3.3	Implementation of risk reduction measures and monitoring of the effect of the activity	5
4.3.4	Risk evaluation and drafting of new risk reduction plans	6
	Annex A (informative) Schedule form for principles, plan and implementation	7
	Annex B (informative) Checklist for hazard identification concerning local muscular workload	8
	Annex C (informative) Action-oriented checklist	11
	Annex D (informative) Questionnaire for monitoring the effects and insufficiency of risk reduction measures concerning local muscular workloads	14
	Annex E (informative) Evaluation form for the risk reduction activity	16
	Bibliography	17