

# ISO 11226:2000-12 (E)

## Ergonomics - Evaluation of static working postures

---

| <b>Contents</b>  |   | <b>Page</b> |
|--|---|-------------|
| <b>1</b>   | <b>Scope .....</b>  | <b>1</b>    |
| <b>2</b>   | <b>Terms and definitions .....</b>  | <b>1</b>    |
| <b>3</b>   | <b>Recommendations .....</b>  | <b>2</b>    |
| <b>3.1</b>   | <b>Introduction .....</b>   | <b>2</b>    |
| <b>3.2</b>   | <b>Evaluation procedure .....</b>   | <b>2</b>    |
| <b>3.3</b>   | <b>Determination of working postures .....</b>  | <b>3</b>    |
| <b>3.4</b>   | <b>Trunk posture .....</b>  | <b>3</b>    |
| <b>3.5</b>   | <b>Head posture .....</b>   | <b>3</b>    |
| <b>3.6</b>   | <b>Upper extremity posture .....</b>  | <b>8</b>    |
| <b>3.7</b>   | <b>Lower extremity posture .....</b>  | <b>9</b>    |
| <b>Annexes A Determination of working postures .....</b> |   | <b>14</b>   |
| <b>A.1</b>   | <b>Introduction .....</b>   | <b>14</b>   |
| <b>A.2</b>   | <b>Trunk inclination, head inclination and neck flexion/extension .....</b>           | <b>14</b>   |
| <b>A.3</b>   | <b>Upper arm elevation .....</b>  | <b>15</b>   |
| <b>A.4</b>   | <b>Extreme joint positions .....</b>  | <b>16</b>   |
| <b>B</b>   | <b>Evaluation of holding time/recovery time regimes .....</b>                         | <b>17</b>   |
| <b>B.1</b>   | <b>Introduction .....</b>   | <b>17</b>   |
| <b>B.2</b>   | <b>Evaluation of holding time/recovery time regimes based on endurance data .....</b> | <b>17</b>   |
| <b>Bibliography .....</b>                                |   | <b>19</b>   |