

ISO 11226:2000-12 (E)

Ergonomics - Evaluation of static working postures

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