# ISO 16976-6:2023-02 (E)

## Respiratory protective devices - Human factors - Part 6: Psycho-physiological effects

## Contents

Page


Foreword ..... iv

Introduction ..... v

1 Scope ..... 1

2 Normative references ..... 1

3 Termsanddefinitions ..... 1

4 Symbols and abbreviated terms ..... 3

5 Psycho-physiologicaleffectsinfluenciguseracceptanceofRPD ..... 4
5.1 General ..... 4
5.2 Physiological responses to wearing RPD and impact on performance of work ..... 4
5.2.1 General ..... 4
5.2.2 Oxygen (O2) and carbon dioxide (CO2) in the breathing space ..... 4
5.2.3 Metabolic rate during RPD use ..... 5
5.3 Subjective feelings of discomfort ..... 5
5.3.1 General ..... 5
5.3.2 Subjective feelings of dyspnoea (air hunger) due to increased breathing resistance and work of breathing ..... 6
5.3.3 Subjective feelings of dry respiratory passages ..... 7
5.3.4 Subjective feelings of heat stress ..... 7
5.4 Psychological responses to RPD wear ..... 8
5.4.1 General ..... 8
5.4.2 Subjective feelings of claustrophobia ..... 8
5.4.3 RPD phobia ..... 8
5.5 Objective measures of psycho-physiological effects ..... 9
5.5.1 General ..... 9
5.5.2 Use of screening tool to predict the psycho-physiological effect on the RPD wearer ..... 9
5.5.3 Anxiety ..... 9
5.6 Selection criteria for potential RPD wearer ..... 10
5.7 Impact of the psychological and physiological responses ..... 10

Bibliography ..... 11