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Ergonomics — Recovery model for cyclical industrial work

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National foreword

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Foreword

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The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular, the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

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This document was prepared by Technical Committee ISO/TC 159, *Ergonomics*, Subcommittee SC 3, *Anthropometry and biomechanics*.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at www.iso.org/members.html.

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Introduction

0.1 General

The literature contains numerous methodologies for measuring physical stress in manual work. Studies from different disciplines and research groups have concentrated on diverse external factors, workplaces, and jobs. Factors most often cited include forceful exertions, repetitive motions, sustained postures, strong vibration and cold temperatures.

The ISO 11228 series, ISO 11226 and ISO TR 12295 establish ergonomic recommendations for different manual handling tasks, repetitive movements and working postures. They apply to occupational and non-occupational activities and provide information for designers, employers, employees and others involved in work, job and product design, such as occupational health and safety professionals.

— The ISO 11228 series relates to manual handling, including lifting and carrying, pushing and pulling and the handling of low loads at high frequency.

— ISO 11226 gives recommended limits for static working postures with no or minimal external force exertion, while taking into account body angles and duration.

— ISO TR 12295 serves as an application guide of the ISO 11228 series and ISO 11226 and offers a simple risk assessment methodology for small and medium enterprises and for non-professional activities. ISO/TR 12295:2014, C.5, is very relevant for this document, since there is a reference to the EAWS system, which is extensively described in Annex A, being the first available ergonomic tool meeting the requirements of the EWA model.

This document can be used by industrial engineers for the application of ergonomic work allowances as a means to determine the correct quantity of cyclical work assigned to a worker in a manufacturing plant in order to meet the definition of a fair day's work. A fair day's work is that length of working day, and that intensity of actual work, which expends one day's full working power of the worker without encroaching upon his or her capacity for the same amount of work for the next and following days[26]. In the old-fashioned production systems (piecework-based) the fair day's work concept was used in connection with the fair day's wage. In this document, the studies about the definition of the fair day's work become fundamental to connect work-study with the most recent knowledge about biomechanical load (occupational health and safety), with a special focus on the product-process design phase.

0.2 Recovery

In the field of ergonomics there is a special interest in predicting fatigue dependent on the intensity, duration and composition of stress factors and to determine the necessary recovery time. Table 1 shows those different activity levels and consideration periods, possible reasons for fatigue and different possibilities of recovery.

Table 1 — Fatigue and recovery dependent on activity levels

Level of activity	Period	Fatigue from	Recovery by
Work life	Decades	Overexertion for decades	Retirement
Phases of work life	Years	Overexertion for years	Holidays
Sequences of work shifts	Months or weeks	Unfavourable shift re-gimes	Weekend, free days
One work shift	One day	Stress above endurance limits	Free time, rest periods
Tasks	Hours	Stress above endurance limits	Rest period
Part of a task	Minutes	Stress above endurance limits	Change of stress factors

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In ergonomic analysis of stress and fatigue for determining the necessary recovery time, considering the period of one working day is the most important. In this document, this type of recovery is named "recovery external to the work cycle" and is defined in ISO 11228-3.

In case of cyclical industrial work, where awkward static body postures are relevant, a strategy to reduce the stress level is to allow short recovery periods within each work cycle. This type of recovery is named "recovery within the work cycle".

The proposed model concerns the quantification of recovery periods within the work cycle and considers recovery periods outside the cycle (normally defined as pauses) as an exogenous variable, evaluated within the factors characterizing the work organization.

0.3 Purpose and justification

The industrial sector is one of the sectors with the highest global employment rate (22,5 % of total employment). Despite this, the most recent research efforts about the definition of a fair day's work date back to the 1980s. In the last 20 years a lot of research has been carried out on the biomechanical load and many new standards have been created.

This document is a first bridge between two different fields of knowledge: work study (industrial engineering) and occupational health and safety (ergonomics). the objective is to improve the work study tools by leveraging the knowledge made available by the most recent studies about work-related musculoskeletal disorders (WMSDs).

This document provides a methodological reference for the procedures to determine the fair quantity of work within a working day in industrial operations with repetitive manual work cycles.

The goal of the model is to guide industrial engineers to keep the biomechanical load or local muscle fatigue generated by the planned cyclical work within the limits defined in the ISO 11228 series and ISO 11226.

This document proposes neither new work measurement techniques nor new ergonomic techniques or standards. Rather, it aims at merging the best available knowledge (industrial engineering and ergonomics) about human capacity of accomplishing a manual task, following a pre-defined work cycle (method description and related standard time) without generating an excess of biomechanical load (fatigue).

Present issues:

— Ergonomic allowance is neglected or assigned based on a partial evaluation of the physical load (usually body postures and forces). The calculation is not influenced by:

  — load duration (action frequency and duration of static actions);

  — work organization (shift duration, duration and distribution of the break periods) and work measurement.

— Lack of a well-recognized standard work performance to measure manual work.

— Available ergonomic evaluation systems work on different measurement scales and the difficulty of assessing the overall physical stress.

— The ergonomic approach tends to be used reactively in the industry rather than proactively (preventive ergonomics).

0.4 Expected benefits

— Support the adoption of the ISO 11228 series and ISO 11226 in the industrial manufacturing sectors.

— Support the definition of a standard work performance to standardize the work measurement.

— Improve working conditions, safety and ergonomics of workers in manufacturing industries.

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— Complement the traditional set of experts' capabilities on time and motion with the ergonomic skills necessary to design safe and efficient work stations and sustain continuous improvements in productivity and ergonomics during the entire product life cycle.

— Support the ergonomic evaluation in the earliest stages of product or process development, when changes are still feasible and the cost of such changes is affordable (preventive ergonomics).

— Link ergonomic improvements with labour cost reduction (improve ergonomics – reduce costs – justify investments in ergonomic improvements).

— Reduce cost and deviation of the ergonomic risk-mapping process by linking the biomechanical load measurement with work measurement and organization.

— Be an objective reference for employers and unions when setting up gainsharing contracts based on labour productivity (industrial relations).

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Ergonomics — Recovery model for cyclical industrial work

1 Scope

This document establishes an ergonomic model for any cyclical human work planned and executed in an industrial competitive environment. It also covers the process of measuring work based on the concept of normal work performance and of the assessment of risk factors commonly associated with body postures, body or hand forces, manual material handling of loads and handling low loads at high frequency.

This document applies to the adult working population and is intended to give reasonable protection for nearly all healthy adults. Those areas concerning health risks and control measures are mainly based on experimental studies regarding musculoskeletal loading, discomfort or pain and endurance or fatigue related to work organization and methods.

The scope of this document is any cyclical human work planned and executed in an industrial competitive environment. The most typical cases are within industries where there is the need to define an expected output (products or services) based on the optimization of the trade-off between labour productivity and health and safety.

The most sensitive organizations to this proposal are those within labour-intensive manufacturing industries with series and batch production systems:

— automotive (original equipment manufacturer and tier 1 and 2 suppliers);

— industrial automotive (trucks, buses, agricultural and mining equipment);

— industrial manufacturing (small domestic and industrial equipment or machinery);

— domestic appliances and consumer goods (white goods);

— plastic and rubber products (tires, doors, windows, shoes);

— consumer electronics (PCs, televisions, printers, radios, hi-fis, alarm systems);

— furniture;

— textiles and apparel;

— food preparation;

— packaging;

— aerospace and defence;

— rail and shipping;

— large domestic and industrial equipment or machinery;

— logistics.

2 Normative references

There are no normative references in this document.

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