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Ergonomic principles related to mental workload - Part 2: Design principles (ISO 10075-2:1996)

Ergonomische Grundlagen bezüglich psychischer Arbeitsbelastung - Teil 2:  
Gestaltungsgrundsätze (ISO 10075-2:1996)

Principes ergonomiques relatifs à la charge de travail mental - Partie 2: Principes de  
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**Ta slovenski standard je istoveten z: EN ISO 10075-2:2000**

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**ICS:**

13.180          Ergonomija                          Ergonomics

**SIST EN ISO 10075-2:2002**                          **en**

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EUROPEAN STANDARD  
NORME EUROPÉENNE  
EUROPÄISCHE NORM

EN ISO 10075-2

March 2000

ICS 13.180

English version

## Ergonomic principles related to mental workload - Part 2: Design principles (ISO 10075-2:1996)

Principes ergonomiques relatifs à la charge de travail mental - Partie 2: Principes de conception (ISO 10075-2:1996)

Ergonomische Grundlagen bezüglich psychischer Arbeitsbelastung - Teil 2: Gestaltungsgrundsätze (ISO 10075-2:1996)

This European Standard was approved by CEN on 24 January 2000.

CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration. Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the Central Secretariat or to any CEN member.

This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the Central Secretariat has the same status as the official versions.

CEN members are the national standards bodies of Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland and United Kingdom.

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EUROPEAN COMMITTEE FOR STANDARDIZATION  
COMITÉ EUROPÉEN DE NORMALISATION  
EUROPÄISCHES KOMITEE FÜR NORMUNG

Central Secretariat: rue de Stassart, 36 B-1050 Brussels

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EN ISO 10075-2:2000

## Foreword

The text of the International Standard ISO 10075-2:1996 from Technical Committee ISO/TC 159 "Ergonomics" of the International Organization for Standardization (ISO) has been taken over as an European Standard by Technical Committee CEN/TC 122 "Ergonomics", the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by September 2000, and conflicting national standards shall be withdrawn at the latest by September 2000.

According to the CEN/CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Netherlands, Norway, Portugal, Spain, Sweden, Switzerland and the United Kingdom.

## Endorsement notice

The text of the International Standard ISO 10075-2:1996 has been approved by CEN as a European Standard without any modification.

NOTE: Normative references to International Standards are listed in annex ZA (normative).

ISO 10075 consists of the following parts, under the general title "Ergonomic principles related to mental workload"

- Part 1: General terms and definitions

- Part 2: Design principles

- Part 3: Measurement and assessment of mental work-load.

Annex A of this part of ISO 10075 is for information only.

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**Annex ZA (normative)**  
**Normative references to international publications**  
**with their relevant European publications**

This European Standard incorporates by dated or undated reference, provisions from other publications. These normative references are cited at the appropriate places in the text and the publications are listed hereafter. For dated references, subsequent amendments to or revisions of any of these publications apply to this European Standard only when incorporated in it by amendment or revision. For undated references the latest edition of the publication referred to applies.

<u>Publication</u>	<u>Year</u>	<u>Title</u>	<u>EN</u>	<u>Year</u>
ISO 6385	1981	Ergonomic principles in the design of work systems	ENV 26385	1990

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INTERNATIONAL  
STANDARD

ISO  
10075-2

First edition  
1996-12-15

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**Ergonomic principles related to mental  
workload —**

**Part 2:  
Design principles**

*Principes ergonomiques concernant la charge de travail mental —*

*Partie 2: Principes de conception*

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Reference number  
ISO 10075-2:1996(E)

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## Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

Draft International Standards adopted by the technical committees are circulated to the member bodies for voting. Publication as an International Standard requires approval by at least 75 % of the member bodies casting a vote.

International Standard ISO 10075 was prepared by Technical Committee ISO/TC 159, *Ergonomics*, Subcommittee SC 1, *Ergonomic guiding principles*.

ISO 10075 consists of the following parts, under the general title *Ergonomic principles related to mental workload*:

**iTeh STANDARD PREVIEW**  
(Part 1: General terms and definitions)

— (Part 2: Design principles)

— Part 3: Measurement and assessment

<https://standards.itoh.ai/catalog/standards/sist/5d5f72f6-4477-46e1-8a9a-c6ca63e3dd9a/sist-en-iso-10075-2-2002>  
Annex A of this part of ISO 10075 is for information only.

## Introduction

This part of ISO 10075 represents an extension of ISO 6385, providing design principles for work systems with special reference to mental workload as defined in ISO 10075.

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# Ergonomic principles related to mental workload —

## Part 2: Design principles

### 1 Scope

This part of ISO 10075 gives guidance on the design of work systems, including task and equipment design and design of the workplace, as well as working conditions, emphasizing mental workload and its effects, as specified in ISO 10075. It applies to the adequate design of work and use of human capacities, with the intention to provide for optimal working conditions with respect to health and safety, well-being, performance, and effectiveness, preventing over- as well as underload in order to avoid the impairing effects described in ISO 10075.

Mental workload is the effect of a complex interaction of individual, technical, organizational and social factors. Thus personal, technical and organizational factors and the effects of their interactions have to be taken into account in the design of work systems. However, this part of ISO 10075 includes the design of technical and organizational factors only, and does not apply to problems of selection, training or social factors.

This part of ISO 10075 provides guidelines for system design. It does not address problems of measurement of mental workload or its effects.

This part of ISO 10075 refers to all kinds of human work activities (see ISO 10075), not only to those which would be described as cognitive or mental tasks in a restricted sense, but also to those with primarily physical workload.

This part of ISO 10075 is thus relevant to all those engaged in the design and use of work systems, e.g. system and equipment designers, employers' and employees' representatives.

This part of ISO 10075 is applicable to the design of new work systems as well as to the redesign of existing ones undergoing substantial revision.

### 2 Normative references

The following standards contain provisions which, through reference in this text, constitute provisions of this part of ISO 10075. At the time of publication, the editions indicated were valid. All standards are subject to revision, and parties to agreements based on this part of ISO 10075 are encouraged to investigate the possibility of applying the most recent editions of the standards indicated below. Members of IEC and ISO maintain registers of currently valid International Standards.

ISO 6385 : 1981, *Ergonomic principles in the design of work systems*

ISO 10075 : 1991<sup>\*)</sup>, *Ergonomic principles related to mental work-load - General terms and definitions*

### 3 Definitions

For the purposes of this part of ISO 10075, the definitions given in ISO 6385 and ISO 10075 apply.

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\*) If revised, this International Standard will become ISO 10075-1.