
**Respiratory protective devices —
Human factors —**

**Part 8:
Ergonomic factors**

*Appareils de protection respiratoire — Facteurs humains —
Partie 8: Facteurs ergonomiques*



This document is a preview generated by ELS



COPYRIGHT PROTECTED DOCUMENT

© ISO 2023

All rights reserved. Unless otherwise specified, or required in the context of its implementation, no part of this publication may be reproduced or utilized otherwise in any form or by any means, electronic or mechanical, including photocopying, or posting on the internet or an intranet, without prior written permission. Permission can be requested from either ISO at the address below or ISO's member body in the country of the requester.

ISO copyright office
CP 401 • Ch. de Blandonnet 8
CH-1214 Vernier, Geneva
Phone: +41 22 749 01 11
Email: copyright@iso.org
Website: www.iso.org

Published in Switzerland

Contents

Page

| | |
|---|-----------|
| Foreword | v |
| Introduction | vi |
| 1 Scope | 1 |
| 2 Normative references | 1 |
| 3 Terms and definitions | 1 |
| 4 Ergonomic factors | 1 |
| 4.1 General | 1 |
| 4.2 Integration of performance and ergonomic requirements | 2 |
| 4.3 Factors to be considered in the determination of the best ergonomic solution | 2 |
| 4.3.1 General | 2 |
| 4.3.2 Factors to be considered in specifying the optimum level of protection to be provided | 2 |
| 4.3.3 Factors to be considered in specifying the optimal practicability | 2 |
| 4.3.4 Factors to be considered in the physiological impact of RPD | 3 |
| 4.4 Factors to be considered in specifying requirements for the adjustability of RPD and its appropriate fixation to the body | 4 |
| 4.5 Factors to be considered in specifying requirements to ensure that RPD does not irritate or cause discomfort | 4 |
| 4.6 Factors to be considered in specifying requirements to take into account the anthropometric factors of RPD | 4 |
| 4.7 Factors to be considered in specifying requirements to take into account the biomechanical factors of RPD | 5 |
| 4.7.1 General | 5 |
| 4.7.2 Mass distribution | 5 |
| 4.7.3 Restriction and prevention of movements | 6 |
| 4.7.4 Abrasion or compression of the skin and underlying structures | 6 |
| 4.7.5 Exacerbation of vibration | 6 |
| 4.8 Factors to be considered in specifying requirements to take into account the thermal effects of RPD | 6 |
| 4.8.1 General | 6 |
| 4.8.2 Thermal effects of materials and complete RPD | 6 |
| 4.9 Factors to be considered in specifying requirements to take into account the sensory effects of RPD | 7 |
| 4.9.1 General | 7 |
| 4.9.2 Vision | 7 |
| 4.9.3 Hearing and speech | 7 |
| 4.9.4 Odour or taste | 7 |
| 4.9.5 Touch or other skin contact | 7 |
| 5 Verification procedure for conformity with ergonomic factors | 7 |
| 5.1 General approach | 7 |
| 5.2 Selecting an appropriate type of test | 8 |
| 5.3 Assessment of the anthropometric factors of RPD and their impact on the wearer | 9 |
| 5.4 Assessment of the biomechanical factors of RPD and their impact on the wearer | 9 |
| 5.4.1 General | 9 |
| 5.4.2 Mass | 9 |
| 5.4.3 Restriction of movement | 9 |
| 5.4.4 Abrasion and compression of the skin and underlying structures | 10 |
| 5.4.5 Vibration | 10 |
| 5.5 Assessment of the thermal effects of RPD and their impact on the wearer | 10 |
| 5.6 Assessment of the sensory factors of RPD and their impact on the wearer | 10 |
| 5.6.1 General | 10 |
| 5.6.2 Vision aspects of RPD | 10 |

| | | |
|--|-------------------------------------|-----------|
| 5.6.3 | Auditory aspects of RPD..... | 11 |
| 5.6.4 | Odour or taste aspects of RPD | 11 |
| 5.6.5 | Skin contact aspects of RPD..... | 11 |
| Annex A (informative) Ergonomic assessment of RPD using panels of test subjects | | 13 |
| Bibliography..... | | 16 |

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.

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).

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights. Details of any patent rights identified during the development of the document will be in the Introduction and/or on the ISO list of patent declarations received (see www.iso.org/patents).

Any trade name used in this document is information given for the convenience of users and does not constitute an endorsement.

For an explanation of the voluntary nature of standards, the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the World Trade Organization (WTO) principles in the Technical Barriers to Trade (TBT), see www.iso.org/iso/foreword.html.

This document was prepared by Technical Committee ISO/TC 94, *Personal safety — Personal protective Equipment*, Subcommittee SC 15, *Respiratory protective devices*.

This first edition of ISO 16976-8 cancels and replaces the first edition of ISO/TS 16976-8:2013, which has been technically revised.

The main changes compared to the previous edition are as follows:

— Requirements more specified.

A list of all parts in the ISO 16976 series can be found on the ISO website.

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.

Introduction

This document provides guidance for the writers of respiratory protective devices (RPD) performance standards on the specification of ergonomic factors.

Ergonomics involves the application of scientific methods and appropriate data to the design and specification of machines, equipment, environments, systems and the interface with the people using it. The successful use of ergonomics in designing RPD will enhance the acceptability of the RPD and through this will improve the safety, health, performance and effectiveness of the wearer.

RPD is used in situations where a risk to health or safety has been identified. The preferred solution is to reduce the risk to zero and thereby to remove the need for RPD. If this is not possible, the threat should be reduced so that practical RPD can minimize the risk to wearer exposed to that hazard. In some working conditions some RPD can be more comfortable than none and not to be considered as an additional discomfort. Side effects of using RPD can range from discomfort to severe constraint and physical load. The application of ergonomic principles to RPD allows optimization of the balance between protection and usability.

Some aspects of the design and specification of RPD require specialist knowledge of the particular job the RPD is used for and of the particular hazard against which the RPD is to be effective or particular ergonomics issues. Although this document covers many aspects, it cannot be expected to identify all the existing and possible future problem points for which ergonomic factors and test methods will be required in performance standards. It will remain the responsibility of the relevant experts to identify and quantify the hazards in the work place and to foresee the potential ergonomic problems, and thus to ensure that the RPD specified and manufactured is fit for the purposes intended in all respects.

For practical reasons, this document presents ergonomics factors separately. However, it should be recognized that the overall acceptability of a RPD will be determined by a combination of these and other factors by the individual wearer.

Together with ISO 16976-1 to ISO 16976-7, this document provides basic human factor data.

Respiratory protective devices — Human factors —

Part 8: Ergonomic factors

1 Scope

This document describes requirements on factors related to human physiology, ergonomics and performance for the preparation of standards for performance requirements, testing and use of respiratory protective devices (RPD).

This document gives guidance on the generic ergonomic factors related to RPD.

It specifies principles relating to

- the biomechanical interaction between RPD and the human body, and
- the interaction between RPD and the human senses: vision, hearing, smell, taste and skin contact.

This document does not cover requirements related to specific hazards for which RPD are designed.

2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 16972, *Respiratory protective devices — Vocabulary and graphical symbols*

3 Terms and definitions

For the purposes of this document, the terms and definitions given in ISO 16972 apply.

ISO and IEC maintain terminology databases for use in standardization at the following addresses:

- ISO Online browsing platform: available at <https://www.iso.org/obp>
- IEC Electropedia: available at <https://www.electropedia.org/>

4 Ergonomic factors

4.1 General

Performance standards for RPD should contain ergonomic requirements and test methods, or should make normative reference to other standards to be applied.

Usually, ergonomic assessments of RPD have to be made while people are wearing them or are connected to the external component of the system. Wherever possible, the assessments should be objective, although some aspects can only be assessed subjectively.

Examples of how to make assessments are given in [Annex A](#).