

AS/NZS ISO 16976.1:2024
ISO 16976-1:2022



Australian/New Zealand Standard™

Respiratory protective devices — Human factors

Part 1: Metabolic rates and respiratory flow rates



AS/NZS ISO 16976.1:2024

This Joint Australian/New Zealand Standard™ was prepared by Joint Technical Committee SF-010, Occupational Respiratory Protection. It was approved on behalf of Standards Australia's Standards Development and Accreditation Committee on 26 March 2024 and by the New Zealand Standards Approval Board on 06 March 2024.

This Standard was published on 7 June 2024.

The following are represented on Committee SF-010:

- Association of Accredited Certification Bodies
- Australasian Fire and Emergency Service Authorities Council
- Australian Chamber of Commerce and Industry
- Australian Council of Trade Unions (ACTU)
- Australian Industry Group
- Australian Institute of Health and Safety
- Australian Institute of Occupational Hygienists
- Better Regulation Division (Fair Trading, SafeWork NSW, TestSafe)
- Composites Australia
- CSIRO
- Fire and Emergency New Zealand
- Joint Accreditation System of Australia and New Zealand
- National Measurement Institute
- New Zealand Institute of Safety Management
- New Zealand Occupational Hygiene Society
- Site Safe New Zealand
- Therapeutic Goods Administration (TGA)
- Weld Australia
- WorkSafe New Zealand

This Standard was issued in draft form for comment as DR AS/NZS ISO 16976.1:2023.

Keeping Standards up-to-date

Ensure you have the latest versions of our publications and keep up-to-date about Amendments, Rulings, Withdrawals, and new projects by visiting:

www.standards.org.au

www.standards.govt.nz

ISBN 978 1 76139 633 5

Australian/New Zealand Standard™

Respiratory protective devices — Human factors

Part 1: Metabolic rates and respiratory flow rates

Originated in Australia as SA TS ISO 16976.1:2015.
Jointly revised and redesignated as SA/SNZ TS ISO 16976.1:2021.
Jointly revised and redesignated as AS/NZS ISO 16976.1:2024.

COPYRIGHT

© ISO 2024 — All rights reserved

© Standards Australia Limited/the Crown in right of New Zealand, administered by the New Zealand Standards Executive 2024

All rights are reserved. No part of this work may be reproduced or copied in any form or by any means, electronic or mechanical, including photocopying, without the written permission of the publisher, unless otherwise permitted under the Copyright Act 1968 (Cth) or the Copyright Act 1994 (New Zealand).

Preface

This Standard was prepared by the Joint Standards Australia/Standards New Zealand Committee SF-010, Occupational Respiratory Protection to supersede SA/SNZ TS ISO 16976.1:2021, *Respiratory protective devices - Human factors, Part 1: Metabolic rates and respiratory flow rates*.

The objective of this document is to provide information on factors related to human anthropometry, physiology, ergonomics, and performance for the preparation of standards for performance requirements, testing, and use of respiratory protective devices.

This document contains information related to respiratory and metabolic responses to rest and work at various intensities. Information is provided for the following:

- (a) Metabolic rates associated with various intensities of work.
- (b) Oxygen consumption as a function of metabolic rate and minute ventilation for persons representing three body sizes.
- (c) Peak inspiratory flow rates during conditions of speech and no speech for persons representing three body sizes as a function of metabolic rates.

The information contained within this document represents data for healthy adult men and women of approximately 30 years of age, but is considered to be applicable for the age range of the worker population.

This document is identical with, and has been reproduced from, ISO 16976-1:2022, *Respiratory protective devices — Human factors — Part 1: Metabolic rates and respiratory flow rates*.

As this document has been reproduced from an international document, a full point substitutes for a comma when referring to a decimal marker.

Australian or Australian/New Zealand Standards that are identical adoptions of international normative references may be used interchangeably. Refer to the online catalogue for information on specific Standards.

The terms “normative” and “informative” are used in Standards to define the application of the appendices or annexes to which they apply. A “normative” appendix or annex is an integral part of a Standard, whereas an “informative” appendix or annex is only for information and guidance.

Contents

Preface	ii
Foreword	iv
Introduction	v
1 Scope	1
2 Normative references	1
3 Terms and definitions	1
4 Activity and metabolic rate	2
5 Metabolic rate and oxygen consumption	4
6 Oxygen consumption and minute ventilation	5
7 Minute ventilation and peak inspiratory flow rates	7
7.1 Normal breathing	7
7.2 Speech and breathing	7
7.3 Sneezing and coughing	9
7.3.1 General	9
7.3.2 Maximum pressures	10
7.3.3 Maximum air flows and air velocities	10
8 Individual variation and gender aspects	11
Annex A (informative) Examples for the use of data	14
Bibliography	17

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 ISO/TC 94, *Personal safety — Protective clothing and equipment*, Subcommittee SC 15, *Respiratory protective devices*.

This first edition of ISO 16976-1 cancels and replaces ISO/TS 16976-1:2015, which has been technically revised.

The main changes are as follows:

- the document has been editorially revised.

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

For an appropriate design, selection, and use of respiratory protective devices, it is important to consider the basic physiological demands of the user. The type and intensity of work affect the metabolic rate (energy expenditure) of the wearer. The mass and mass distribution of the device on the human body also may influence metabolic rate. Metabolic rate is directly correlated with oxygen consumption, which determines the respiratory demands and flow rates. The work of breathing is influenced by the air flow resistances of the device and the lung airways. The work (or energy cost) of a breath is related to the pressure gradient created by the breathing muscles and the volume that is moved in and out of the lung during the breath. Anthropometric and biomechanical data are required for the appropriate design of various components of a respiratory protective device, as well as for the design of relevant test methods.

This document is the first part of a series of documents providing basic physiological and anthropometric data on humans. It contains information about metabolic rates and respiratory flow rates for various types of physical activity.

NOTES

Australian/New Zealand Standard

Respiratory protective devices — Human factors

Part 1: Metabolic rates and respiratory flow rates

1 Scope

This document provides information on factors related to human anthropometry, physiology, ergonomics, and performance for the preparation of standards for performance requirements, testing, and use of respiratory protective devices.

This document contains information related to respiratory and metabolic responses to rest and work at various intensities. Information is provided for the following:

- metabolic rates associated with various intensities of work;
- oxygen consumption as a function of metabolic rate and minute ventilation for persons representing three body sizes;
- peak inspiratory flow rates during conditions of speech and no speech for persons representing three body sizes as a function of metabolic rates.

The information contained within this document represents data for healthy adult men and women of approximately 30 years of age, but is considered to be applicable for the age range of the worker population.

2 Normative references

There are no normative references in this document.

3 Terms and definitions

For the purposes of this document, the following terms and definitions 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/>

3.1

aerobic energy production

biochemical process in the human cells that delivers energy by combustion of fat, carbohydrates and, to a lesser extent, protein in the presence of oxygen, with water and carbon dioxide as end products

3.2

ambient temperature pressure saturated

ATPS

standard condition for the expression of ventilation parameters related to expired air

Note 1 to entry: Actual ambient temperature and atmospheric pressure; saturated water vapour pressure.

3.3

ambient temperature pressure humidity

ATPH

standard condition for the expression of ventilation parameters related to inspired air

Note 1 to entry: Actual ambient temperature, atmospheric pressure and water vapour pressure.