

Ergonomic principles related to mental workload —

Part 3: Principles and requirements concerning methods for measuring and assessing mental workload

The European Standard EN ISO 10075-3:2004 has the status of a
British Standard

ICS 13.180

National foreword

This British Standard is the official English language version of EN ISO 10075-3:2004. It is identical with ISO 10075-3:2004.

The UK participation in its preparation was entrusted to Technical Committee PH/9, Applied ergonomics, which has the responsibility to:

- aid enquirers to understand the text;
- present to the responsible international/European committee any enquiries on the interpretation, or proposals for change, and keep the UK interests informed;
- monitor related international and European developments and promulgate them in the UK.

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This British Standard was published under the authority of the Standards Policy and Strategy Committee on 2 September 2004

Summary of pages

This document comprises a front cover, an inside front cover, the EN ISO title page, the EN ISO foreword page, the ISO title page, pages ii to v, a blank page, pages 1 to 15 and a back cover.

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English version

**Ergonomic principles related to mental workload - Part 3:
Principles and requirements concerning methods for measuring
and assessing mental workload (ISO 10075-3:2004)**

Principes ergonomiques relatifs à la charge de travail
mental - Partie 3: Principes et exigences concernant les
méthodes de mesurage et d'évaluation de la charge de
travail mental (ISO 10075-3:2004)

Ergonomische Grundlagen bezüglich psychischer
Arbeitsbelastung - Teil 3: Grundsätze und Anforderungen
an Verfahren zur Messung und Erfassung psychischer
Arbeitsbelastung (ISO 10075-3:2004)

This European Standard was approved by CEN on 16 July 2004.

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CEN members are the national standards bodies of Austria, Belgium, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland and United Kingdom.



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Foreword

This document (EN ISO 10075-3:2004) has been prepared by Technical Committee ISO/TC 159 "Ergonomics" in collaboration with 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 February 2005, and conflicting national standards shall be withdrawn at the latest by February 2005.

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

Endorsement notice

The text of ISO 10075-3:2004 has been approved by CEN as EN ISO 10075-3:2004 without any modifications.

INTERNATIONAL STANDARD

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Ergonomic principles related to mental workload —

Part 3: Principles and requirements concerning methods for measuring and assessing mental workload

Principes ergonomiques relatifs à la charge de travail mental —

*Partie 3: Principes et exigences concernant les méthodes de mesure
et d'évaluation de la charge de travail mental*



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Foreword

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ISO 10075-3 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*:

- *Part 1: General terms and definitions*
- *Part 2: Design principles*
- *Part 3: Principles and requirements concerning methods for measuring and assessing mental workload*

A Technical Report will accompany these parts to explain to non-experts the basic concepts and how to use these parts.