



BSI Standards Publication

Ergonomic principles related to mental workload

Part 1: General issues and concepts, terms and definitions (ISO 10075-1:2017)

National foreword

This British Standard is the UK implementation of EN ISO 10075-1:2017. It is identical to ISO 10075-1:2017. It supersedes BS EN ISO 10075-1:2000, which is withdrawn.

This standard uses the term 'mental stress' to characterize the 'total of all assessable influences impinging upon a human being from external sources and affecting that person mentally'. As defined in this standard, 'mental stress' is therefore regarded as a neutral term and can have positive or negative effects.

In the UK the use of the term stress (sometimes 'psychological stress') often differs from that used in this standard, and is seen as negative. For example, the UK Health and Safety Executive refers to work-related stress as a negative consequence of a person being unable to cope with the demands being placed on them.

The UK committee therefore advises that care should be taken when implementing this standard.

The UK participation in its preparation was entrusted to Technical Committee PH/9, Applied ergonomics.

A list of organizations represented on this committee can be obtained on request to its secretary.

This publication does not purport to include all the necessary provisions of a contract. Users are responsible for its correct application.

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Published by BSI Standards Limited 2018

ISBN 978 0 580 91589 5

ICS 01.040.13; 13.180

Compliance with a British Standard cannot confer immunity from legal obligations.

This British Standard was published under the authority of the Standards Policy and Strategy Committee on 31 January 2018.

Amendments/corrigenda issued since publication

Date	Text affected
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