Corporate Ergonomics
Neutral Joint Positions – Head and Neck
Evaluation of Head and Neck Positions
Evaluation of Joint Positions Possible Body Postures
Definition of colors

**Green:** Optimal. This posture is allowed to be adopted for a long time.

**Yellow:** Still acceptable body posture. This posture is only allowed to be adopted for a short period of time or to perform work-tasks with low frequencies.

**Red:** Extremely awkward Body Posture. Has to be avoided!
# Bending of the head: Flexion (forwards) / Extension (backwards)

<table>
<thead>
<tr>
<th>Head and Neck Bending of the head</th>
<th>Neutral (natural) Body Posture</th>
<th>Awkward Body Posture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source: German BGIA-Report 2/2007 Acc. to ISO 11226(2)</td>
<td>Optimal</td>
<td>Still acceptable posture</td>
</tr>
<tr>
<td>Bending of the head backwards (Extension)</td>
<td>$0^\circ$</td>
<td>$&lt; 0^\circ$</td>
</tr>
<tr>
<td>Bending of the head forwards (Flexion)</td>
<td>$0^\circ$-$25^\circ$</td>
<td>$25^\circ$-$60^\circ$</td>
</tr>
</tbody>
</table>
# Bending of the head to a side

## Head and Neck

<table>
<thead>
<tr>
<th>Bending of the head to a side</th>
<th>Neutral (natural) Body Posture</th>
<th>Awkward Body Posture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source: German BGIA-Report 2/2007</td>
<td>Optimal</td>
<td>Extremely awkward posture</td>
</tr>
<tr>
<td>Acc. To DIN EN 1005-4 (3)</td>
<td>Still acceptable posture</td>
<td></td>
</tr>
</tbody>
</table>

- **To the right**: + $0^\circ$-$10^\circ$ > $10^\circ$
- **To the left**: - $0^\circ$ to $-10^\circ$ < $10^\circ$
# Torsion of the head

## Head and Neck

**Torsion of the head**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Acc. To DIN EN 1005-4 (3)</td>
<td>Optimal</td>
<td>Still acceptable posture</td>
</tr>
</tbody>
</table>

### To the right

- 0° - 45°

### To the left

- 0° to -45°

#### Posture

- Optimal
- Still acceptable posture
- Extremely awkward posture

### Extremes

- > 45°
- < 45°

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**To the right**

- +

**To the left**

- -

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**Confidential**

Version 2.0 08/2015 | SharePoint 3.5.1

March 2, 2016

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