

## Corporate Ergonomics

### Neutral Body Posture – Trunk and Back

Evaluation of 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.**

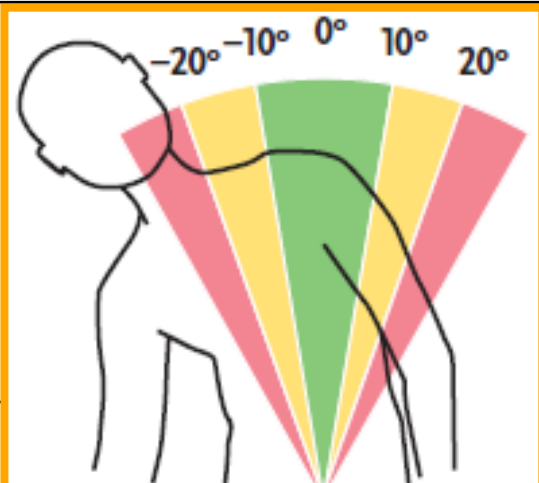
**Red:** Extremely awkward Body Posture. **Has to be avoided!**

# Trunk Flexion / Extension

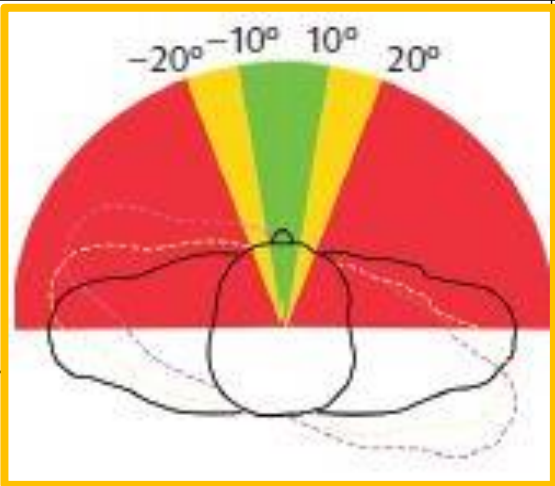
<b>Trunk and Back Bending of the trunk</b>			<b>Neutral (natural) Body Posture</b>	<b>Awkward Body Posture</b>	
Source: German BGIA-Report 2/2007 Acc. to ISO 11226(2) & EN 1005-4			<b>Optimal</b>	<b>Still acceptable posture</b>	<b>Extremely awkward posture</b>
	Trunk Flexion (bending forwards)	+	<b>0°-20°</b>	<b>20°-60°</b>	<b>&gt; 60°</b>
	Trunk Extension (bending to a side)	-	<b>0°</b>		<b>&lt; 0°</b>

# Bending of the trunk to a side



Trunk and Back Bending of the trunk		Neutral (natural) Body Posture	Awkward Body Posture		
Source: German BGIA-Report 2/2007 Acc. to ISO 11226(2)		Optimal	Still acceptable posture	Extremely awkward posture	
	Bending of the trunk to the left	-	0° to -10°	-10° to -20°	< 20°
	Bending of the trunk to the right	+	0°-10°	10°-20°	> 20°

# Torsion of the trunk

Trunk and Back Torsion of the trunk		Neutral (natural) Body Posture	Awkward Body Posture		
Source: German BGIA-Report 2/2007 Acc. To ISO 11226(2)		Optimal	Still acceptable posture	Extremely awkward posture	
	Torsion of the trunk to the left	-	0° to -10°	-10° to -20°	< 20°
	Torsion of the trunk to the right	+	0°-10°	10°-20°	> 20°