

## Corporate Ergonomics

### Neutral Joint Positions – Head and Neck

Evaluation of Head and Neck Positions

# Evaluation of Joint Positions Possible Body Postures



Ergonomics  
Corporate Safety & Health

CBS  
Continental Business System



Confidential

Version 2.0 08/2015 | SharePoint 3.5.1

March 2, 2016



## 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)



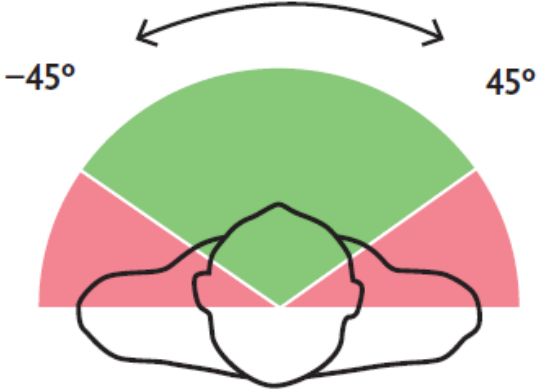
Head and Neck Bending of the head			Neutral (natural) Body Posture	Awkward Body Posture	
Source: German BGIA-Report 2/2007 Acc. to ISO 11226(2)			Optimal	Still acceptable posture	Extremely awkward posture
	Extension Bending of the head backwards (Extension)	-	0°		< 0°
	Flexion Bending of the head forwards (Flexion)	+	0°-25°	25°-60°	> 85°

# Bending of the head to a side



<b>Head and Neck</b>			<b>Neutral (natural) Body Posture</b>	<b>Awkward Body Posture</b>	
<b>Bending of the head to a side</b>			<b>Optimal</b>	<b>Still acceptable posture</b>	<b>Extremely awkward posture</b>
Source: German BGIA-Report 2/2007 Acc. To DIN EN 1005-4 (3)					
	To the right	+	<b>0°-10°</b>		<b>&gt; 10°</b>
	To the left	-	<b>0° to -10°</b>		

# Torsion of the head

<b>Head and Neck Torsion of the head</b>			<b>Neutral (natural) Body Posture</b>	<b>Awkward Body Posture</b>	
Source: German BGIA-Report 2/2007 Acc. To DIN EN 1005-4 (3)			<b>Optimal</b>	<b>Still acceptable posture</b>	<b>Extremely awkward posture</b>
	To the right	+	<b>0° - 45°</b>		<b>&gt; 45°</b>
	To the left	-	<b>0° to -45°</b>		<b>&lt; 45°</b>