

EN 28996:1993**Ergonomics - Determination of metabolic heat production (ISO 8996:1990)**

The metabolic rate, as a conversion of chemical into mechanical and thermal energy, measures the energetic cost of muscular load and gives a numerical index of activity. Knowledge of metabolic rate is necessary to measure metabolic heat production for the evaluation of human heat regulation. Specifying methods for determination metabolic rate, this Standard can also be used for other applications - for example: the assessment of working practices, the cost of specific jobs or sport activities, the total cost of activity, etc.