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**Respiratory protective devices — Human factors —**

**Part 1:  
Metabolic rates and respiratory flow rates**

*Appareils de protection respiratoire — Facteurs humains —*

*Partie 1: Régimes métaboliques et régimes des débits respiratoires*



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## Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

International Standards are drafted in accordance with the rules given in the ISO/IEC Directives, Part 2.

The main task of technical committees is to prepare International Standards. Draft International Standards adopted by the technical committees are circulated to the member bodies for voting. Publication as an International Standard requires approval by at least 75 % of the member bodies casting a vote.

In other circumstances, particularly when there is an urgent market requirement for such documents, a technical committee may decide to publish other types of normative document:

- an ISO Publicly Available Specification (ISO/PAS) represents an agreement between technical experts in an ISO working group and is accepted for publication if it is approved by more than 50 % of the members of the parent committee casting a vote;
- an ISO Technical Specification (ISO/TS) represents an agreement between the members of a technical committee and is accepted for publication if it is approved by 2/3 of the members of the committee casting a vote.

An ISO/PAS or ISO/TS is reviewed after three years in order to decide whether it will be confirmed for a further three years, revised to become an International Standard, or withdrawn. If the ISO/PAS or ISO/TS is confirmed, it is reviewed again after a further three years, at which time it must either be transformed into an International Standard or be withdrawn.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights.

ISO/TS 16976-1 was prepared by Technical Committee ISO/TC 94, *Personal safety — Protective clothing and equipment*, Subcommittee SC 15, *Respiratory protective devices*.

ISO 16976 consists of the following parts, under the general title *Respiratory protective devices — Human factors*:

- *Part 1: Metabolic rates and respiratory flow rates* [Technical Specification]

The following parts are under preparation:

- *Part 2: Anthropometrics*
- *Part 3: Physiological responses and limitations of oxygen and limitations of carbon dioxide in the breathing environment*

## Introduction

For an appropriate design, selection and use of respiratory protective devices, it is important to consider the basic physiological demands of the user. The type and intensity of work affect the metabolic rate (energy expenditure) of the wearer. The weight and weight distribution of the device on the human body also may influence metabolic rate. Metabolic rate is directly correlated with oxygen consumption, which determines the respiratory demands and flow rates. The work of breathing is influenced by the air flow resistances of the device and the lung airways. The work (or energy cost) of a breath is related to the pressure gradient created by the breathing muscles and the volume that is moved in and out of the lung during the breath. Anthropometric and biomechanical data are required for the appropriate design of various components of a respiratory protective device, as well as for the design of relevant test methods.

This Technical Specification is the first part of a series of documents providing basic physiological and anthropometric data on humans. It contains information about metabolic rates and respiratory flow rates for various types of physical activity.

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# Respiratory protective devices — Human factors —

## Part 1:

## Metabolic rates and respiratory flow rates

### 1 Scope

This Technical Specification is part of a series that provides information on factors related to human anthropometry, physiology, ergonomics and performance, for the preparation of standards for performance requirements, testing and use of respiratory protective devices. This Technical Specification contains information related to respiratory and metabolic responses to rest and work at various intensities. Information is provided for:

- metabolic rates associated with various intensities of work;
- oxygen consumption as a function of metabolic rate and minute ventilation for persons representing three body sizes;
- peak inspiratory flow rates during conditions of speech and no speech for persons representing three body sizes as a function of metabolic rates.

The information contained within this Technical Specification represents data for healthy adult men and women of approximately 30 years of age, but is applicable for the age range of the general population.

### 2 Normative references

The following referenced documents are indispensable for the application of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 8996:2004, *Ergonomics of the thermal environment — Determination of metabolic rate*

### 3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

#### 3.1

##### **aerobic energy production**

biochemical process in human cells that delivers energy by combustion of fat, carbohydrates and, to a lesser extent, protein in the presence of oxygen, with water and carbon dioxide as end products

#### 3.2

##### **anaerobic energy production**

biochemical process in human cells that delivers energy by combustion of carbohydrates without oxygen, with lactic acid as the end product

**3.3**

**Ambient Temperature Pressure Saturated**

**ATPS**

standard condition for the expression of ventilation parameters related to expired air

NOTE Actual ambient temperature and atmospheric pressure; saturated water vapour pressure.

**3.4**

**Ambient Temperature Pressure Humidity**

**ATPH**

standard condition for the expression of ventilation parameters related to inspired air

NOTE Actual ambient temperature, atmospheric pressure and water vapour pressure.

**3.5**

**breath cycle**

respiratory period comprising an inhalation and an exhalation phase

**3.6**

**Body Temperature Pressure Saturated**

**BTPS**

standard condition for the expression of ventilation parameters

NOTE Body temperature (37 °C), atmospheric pressure 101,3 kPa (760 mmHg) and water vapour pressure (6,27 kPa) in saturated air.

**3.7**

**peak inspiratory flow rate**

highest instantaneous flow rate during the inhalation phase of a breath cycle, in l/s BTPS

NOTE L/s is the preferred unit as the flow takes place during only a short fraction of the breath cycle.

**3.8**

**minute ventilation**

$V_E$

total volume of air inspired (or expired) in the lungs during one minute, in l/min BTPS

**3.9**

**oxygen consumption**

$V_{O_2}$

amount of oxygen consumed by the human tissues for aerobic energy production, in l/min STPD

**3.10**

**physical work capacity**

ability of a person to engage in muscular work

**3.11**

**Standard Temperature Pressure Dry**

**STPD**

standard conditions for expression of oxygen consumption

NOTE Standard temperature (0 °C) and pressure (101,3 kPa, 760 mmHg), dry air (0 % relative humidity).

## **4 Activity and metabolic rate**

Users of respiratory protective devices (RPD) perform physical work at various intensities. Physical work, in particular when associated with large muscle groups as is the case with fire fighting, requires high levels of metabolic energy production (metabolic rate). The energy is produced in human cells by aerobic or anaerobic processes.

Aerobic energy production is by far the most common form of energy yield for all types of human cells. It is also the normal form of energy production for the muscles. Depending on physical fitness and other factors, humans can sustain high levels of aerobic energy production for long periods of time. Very high activity levels, however, can only be sustained for short periods of time (minutes) and they also engage the anaerobic energy yielding processes. The associated production of lactic acid is one reason for the early development of fatigue and exhaustion.

Aerobic energy production is strictly dependent on the constant delivery of oxygen to the active cells. Oxygen is extracted from inspired air, bound to haemoglobin in red blood cells in the alveolar capillaries and transported to the target tissues via the circulation. Consequently, there is a direct, linear relationship between the rate of oxygen consumption and the metabolic rate. The relationship is described in ISO 8996.

Table 1 in this Technical Specification is derived from ISO 8996:2004, Table A.2, which defines five classes of metabolic rate. This table forms the basis for developing a standard for the assessment of heat stress. The classes represent types of work found in industry. The figures represent average metabolic rates for work periods or full work shifts, generally including breaks. Metabolic rate shall not be confused with external work rates, such as those defined on a bicycle ergometer.

Rescue work and fire fighting are by nature temporary and often unpredictable. Activities may become very demanding and high levels of metabolic rate have been reported in references [1], [8], [9], [10], [11], [15], [16] and [17]. According to reference [15], mean values for oxygen uptake of between 40 ml/(kg × min) and 45 ml/(kg × min) are reported for the most demanding tasks in fire fighting drills (see references [2], [4] and [8]). Assuming an average body weight of 80 kg, the absolute oxygen uptake is between about 3,2 l/min and 3,6 l/min. In reference [15], mean values of  $(2,4 \pm 0,5)$  l/min for a 17 min test drill exercise were reported; reference [10] reported a mean value of  $(2,75 \pm 0,3)$  l/min for a 22 min test drill. The average value for the most demanding task (ascending a tower) was  $(3,55 \pm 0,27)$  l/min. The range of values for this task was between 3,24 l/min and 4,13 l/min. This corresponded to average metabolic rates of 474 W/m<sup>2</sup> and 612 W/m<sup>2</sup>, respectively.

**Table 1 — Classification of work based on metabolic rate (MR)**

| Class | Work                          | Average metabolic rate<br>W/m <sup>2</sup> |
|-------|-------------------------------|--------------------------------------------|
| 1     | Resting                       | 65                                         |
| 2     | Light work                    | 100                                        |
| 3     | Moderate work                 | 165                                        |
| 4     | Heavy work                    | 230                                        |
| 5     | Very heavy work               | 290                                        |
| 6     | Very, very heavy work (2 h)   | 400                                        |
| 7     | Extremely heavy work (15 min) | 475                                        |
| 8     | Maximal work (5 min)          | 600                                        |

NOTE The first five classes in this table are derived from ISO 8996. These classes are valid for repeated activities during work shifts in everyday occupational exposure. Classes 6 to 8 are added as examples of metabolic rates associated with temporary activities of an escape and rescue nature whilst wearing RPD.

Table 1 in this Technical Specification contains three additional classes compared to ISO 8996:2004, Table A.2, in order to cover work that is, by its nature, limited by time, such as fire fighting and rescue. One class refers to sustained rescue action, as can be found in mining or in wild land fire fighting, with time periods of up to 2 h of work (class 6). The other two classes refer to fire fighting or rescue operations of short duration and very high intensity, i.e. 15 min (class 7) and 5 min (class 8), respectively. Table 1 presents values expected from individuals with a high level of physical fitness. The highest class (class 8) represents maximal or close to maximal work and can only be endured by fit men for durations of 3 min to 5 min. The three new classes are defined by metabolic rates at 400 W/m<sup>2</sup>, 475 W/m<sup>2</sup> and 600 W/m<sup>2</sup>, respectively. The values represent the average metabolic rate for the specified period of time, excluding any breaks.

For natural reasons, many types of rescue and emergency work are carried out with personal protective equipment. This adds to the physical work load and is one reason for the high values of metabolic rate in classes 6 to 8. The data given for the types of work shown in classes 1 to 5 is carried out without wearing RPD and/or personal protective equipment.

## 5 Metabolic rate and oxygen consumption

The energetic equivalent (EE) of oxygen as described in ISO 8996:2004, 7.1.2, is determined using Equation (1):

$$EE = (0,23 \times RQ + 0,77) \times 5,88 \quad (1)$$

where RQ is the respiratory quotient (the ratio of the amount of carbon dioxide produced to the amount of oxygen consumed ( $V_{CO_2}/V_{O_2}$ )), and the energetic equivalent of oxygen is 5,88 Wh/l O<sub>2</sub>, which corresponds approximately to the value of 5 kcal/l O<sub>2</sub>, a value that is commonly found in the physiological literature.

Assuming a value of 5 kcal/l O<sub>2</sub> (equal to 5,815 Wh/l O<sub>2</sub>), the following expressions apply for the conversion of metabolic rates (in W/m<sup>2</sup>), to  $V_{O_2}$  (in l/min):

$$V_{O_2} = \frac{M \times A_{Du}}{EE} = \frac{M \times A_{Du}}{60 \times 5,815} = \frac{M \times A_{Du}}{349} \quad (2)$$

where

$V_{O_2}$  is the oxygen consumption, in l/min;

$M$  is the metabolic rate, in W/m<sup>2</sup>;

$A_{Du}$  is the Dubois body surface area, in m<sup>2</sup>;

60 is the conversion factor for min/h;

and the energy equivalent of oxygen is 5,815 Wh/l O<sub>2</sub>.

For the same metabolic rate, the oxygen consumption will vary dependant on body size. Examples are given in Tables 2, 3 and 4 for persons representing three body sizes. The associated body surface area is 1,69 m<sup>2</sup>, 1,84 m<sup>2</sup> and 2,11 m<sup>2</sup>, respectively. As defined in ISO 8996, a person's body surface area,  $A_{Du}$ , is determined on the basis of values for body weight,  $W_b$ , in kg, and body height,  $H_b$ , in m, by Equation (3):

$$A_{Du} = 0,202 \times W_b^{0,425} \times H_b^{0,725} \quad (3)$$

Values for  $V_{O_2}$  in Tables 2, 3 and 4 are based on Equations (4), (5) and (6).

A small sized person is defined by  $W_b = 60$  kg,  $H_b = 1,7$  m and  $A_{Du} = 1,69$  m<sup>2</sup>. The oxygen consumption,  $V_{O_2}$ , is calculated as:

$$V_{O_2} = \frac{M}{207} \quad (4)$$

A medium sized person is defined by  $W_b = 70$  kg,  $H_b = 1,75$  m and  $A_{Du} = 1,84$  m<sup>2</sup>. The oxygen consumption,  $V_{O_2}$ , is calculated as:

$$V_{O_2} = \frac{M}{190} \quad (5)$$

A large sized person is defined by  $W_b = 85$  kg,  $H_b = 1,88$  m and  $A_{Du} = 2,11$  m<sup>2</sup>. The oxygen consumption,  $V_{O_2}$ , is calculated as:

$$V_{O_2} = \frac{M}{160} \quad (6)$$

## 6 Oxygen consumption and minute volume

Oxygen transport to tissues requires its extraction from inspired air in the lungs. Concentration of oxygen in inspired air is equivalent to atmospheric concentration: 20,93 % by volume in dry air. Normally only 15 % to 30 % of this fraction is consumed. The expired air still contains approximately 15 % to 18 % O<sub>2</sub> by volume. This means that the minute ventilation of air,  $V_E$ , required for most levels of oxygen consumption is about 20 to 25 times higher (see reference [22]). At high activity levels, the value may be even higher, as there is a tendency for hyperventilation.

Reference [5] contains a review of 19 papers published in the relevant literature. The data for 14 non-respirator studies are plotted again in Figure 1, together with data from references [3], [11] and [12]. Each data point represents the mean value of several individual subjects. The linear regression line for the mean values is plotted. A power function regression line differs only marginally from the linear model. The Hagan equation (at the bottom of the graph) provides an exponential regression that overestimates  $V_E$  at low and very high  $V_{O_2}$  levels and underestimates at medium levels. Exponential relations have also been proposed by others (see references [1] and [7]). All three of the studies mentioned used incremental exercise as a means of increasing the workload. It can be questioned if  $V_E$  and  $V_{O_2}$  equilibrate in such a short time. In particular,  $V_{O_2}$  should have a time constant of more than a minute. In the Hagan study, workload was increased every minute.

From a physiological point of view, one would not expect an exponential relationship. Indeed, individual curves show that, up to 60 % to 70 % of maximum  $V_{O_2}$ , the relation is almost linear. At higher levels of  $V_{O_2}$ , hyperventilation increases  $V_E$  in a curvilinear manner (see reference [22]). Respiratory adaptation to increased workloads is likely to represent a two component equation: one linear and one power or exponential. The model equation would be described by

$$y = (a \times x) + e^{b \times x} \quad (7)$$

where

$a, b$  are constants;

$y$  represents  $V_E$ ;

$x$  represents  $V_{O_2}$ .

At low values of  $x$ , the first term is determinant. With increasing  $x$ , the second component becomes more and more important. The highest correlation coefficient is obtained for  $a = 27,1$  and  $b = 0,839$ . The value of  $R^2 = 0,90$ .

Applying a linear regression forced through zero provides a value of  $R^2 = 0,90$ . For simplicity, the linear regression is selected. The regression equation for the mean values is given by Equation (8). Calculating  $V_E$  for two times the standard error ( $S_E$ ) of the average  $V_E$ , representing 95 % of the populations, gives Equation (9).  $S_E$  defines the error in the prediction of  $V_E$ , based on the regression equation, Equation (7). These equations are subsequently used for estimations of  $V_E$  and peak flows (see Tables 2 to 4).

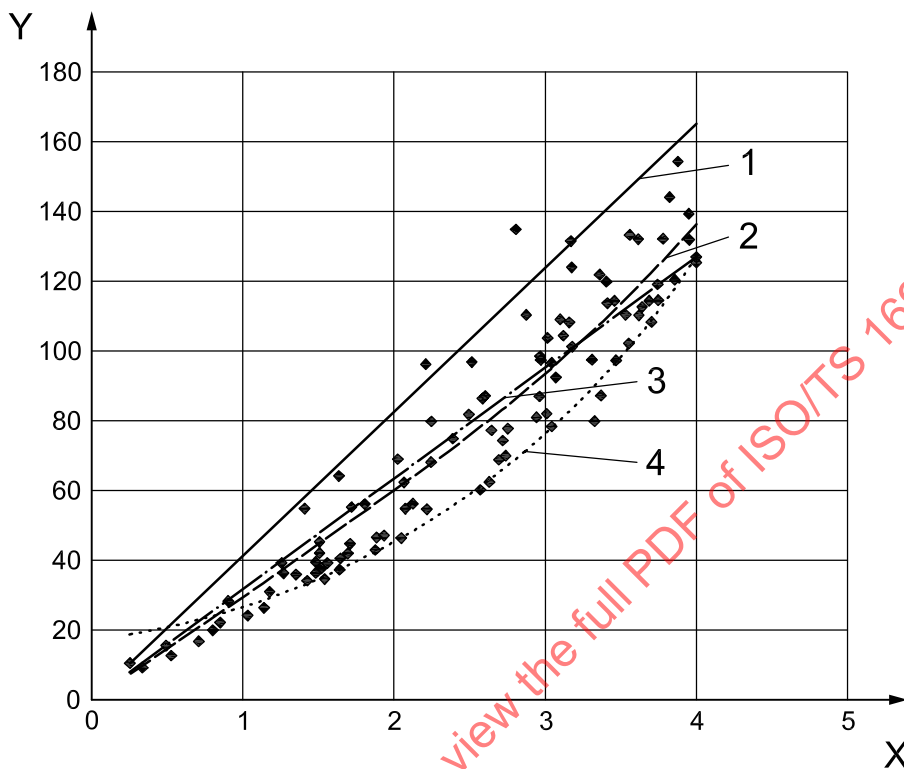
$$V_E = 31,85 \times \overline{V_{O_2}} \quad (8)$$

$$V_E = (41,48 \times \overline{V_{O_2}}) + 2S_E \quad (9)$$

where

$\overline{V_{O_2}}$  is the mean value of  $V_{O_2}$ ;

$S_E$  is the standard error.



#### Key

X oxygen consumption,  $V_{O_2}$ , in l/min STPD

Y minute ventilation,  $V_E$ , in l/min BTPS

1  $y = 41,48 \times x$

2  $y = (27,18 \times x) + \exp(0,839 \times x)$

3  $y = 31,85 \times x$

4 Hagen equation

NOTE 1 Each dot represents the average of a sample of subjects exposed to various conditions of work (without respiratory protective device).

NOTE 2 Data includes 14 studies reported in references [5] and [10].

**Figure 1 — Relation between minute ventilation,  $V_E$ , and oxygen consumption,  $V_{O_2}$**

## 7 Minute volume and peak inspiratory flow rates

### 7.1 Normal breathing

During the respiratory cycle, the inspired (and expired) volume and its flow rate changes with time. A simple description of the respiratory cycle can be described by a sinus curve.

The mean flow rate during an inhalation is the inspired volume (tidal volume) divided by the time. The minute ventilation is the inspired volume divided by the time of the full breath. Using the sinus curve analogy, the mean flow rate is the inspired volume divided by  $\pi$ .

The instantaneous flow rate during the respiratory cycle is described by the derivative of the volume curve, which is in fact a cosinus curve. Peak inspiratory flow rate (PIFR) is mathematically defined by the minute ventilation multiplied by  $\pi$ , if the respiratory pattern follows a sinus curve. PIFR occurs for fractions of a second within the inhalation cycle and is best expressed in l/s.

As ventilation increases in response to increasing workload, the breathing pattern transforms from a predominantly sinusoidal to a trapezoidal pattern, indicating that flow rates and in particular peak flow rates may be different than for the sinus cycle (see reference [14]). It was concluded that peak inspiratory flow rates were 2,5 to 3,7 times as high as the mean minute volumes. The highest ratio was achieved at rest and reduced with exercise intensity. During work the ratio was lower and relatively constant, independent of work load. At maximal voluntary hyperventilation the peak values were 2,5 times as high as the mean minute volume values.

Similar results were reported in reference [19], which re-analyzed data reported in reference [20]. The ratio for peak flows and mean minute ventilation was also calculated, with the ranges found to be from 2,5 to 3,9.

Reference [15] provides an analysis of several independent sets of data for  $\text{PIFR}/V_E$ . The data (see Figure 2) were well correlated ( $R^2 = 0,986\ 7$ ) and fitted the following equation:

$$\text{PIFR} = (2,346 \times V_E) + 20,828 \quad (10)$$

In reference [3], PIFR during incremental bicycle exercise, breathing through several types of negative pressure filtering devices, is reported. Similar data have been obtained in reference [12]. The relation between PIFR and  $V_E$  is shown in Figure 3. The data in reference [5] have been converted and are included in Figure 3 a). There is a tendency for higher ratio at low minute volumes.

## 7.2 Speech and breathing

Several investigators report that speech during use of respiratory protective devices changes the respiratory dynamics. Speech is performed during the expiration phase of the breathing cycle. This shortens the inspiration phase accordingly and it may become critically short during very high activity levels (see references [6], [12] and [21]). This shortening of the inspiratory phase suggests that speech becomes very difficult at very high activity levels.

Minute ventilation during speech is related almost linearly to minute ventilation without speech. In reference [3], a regression line of  $V_{E,\text{speech}} = 0,83 \times V_E$  is reported. Similarly, a regression line of  $V_{E,\text{speech}} = 0,78 \times V_E$  is reported in reference [12]. It can be assumed that  $V_E$  during speech reduces by about 20 % compared to  $V_E$  in no speech conditions. The reduction appears to be similar, independent of work rate. Accordingly, the following relation is applied:

$$V_{E,\text{speech}} = 0,8 \times V_E \quad (11)$$

With shorter inspiration time, the peak flow rates are reported to increase even more than during a normal breath. Peak inspiratory flow rates about 6 times higher than the mean minute ventilation have been reported (see references [3] and [12]).

In references [3] and [12], PIFR was investigated during work sessions with standardized speech communication. Results are given in Figure 3 b). In reference [3], incremental bicycle exercise was used, whereas in reference [12], treadmill walking with incremental increases in slope was used. Results for the  $\text{PIFR}/V_E$  ratio are in good agreement. It is apparent that the ratio is high at low minute volumes, but that it approaches the "no speech" values at high minute volumes. The power function regression line shows a high correlation factor. It is apparent from these data that speech is not a significant contributor to PIFR at extremely heavy work, most probably because it is difficult to sustain continuous speech, but it is still possible to say single words at very high ventilation rates.

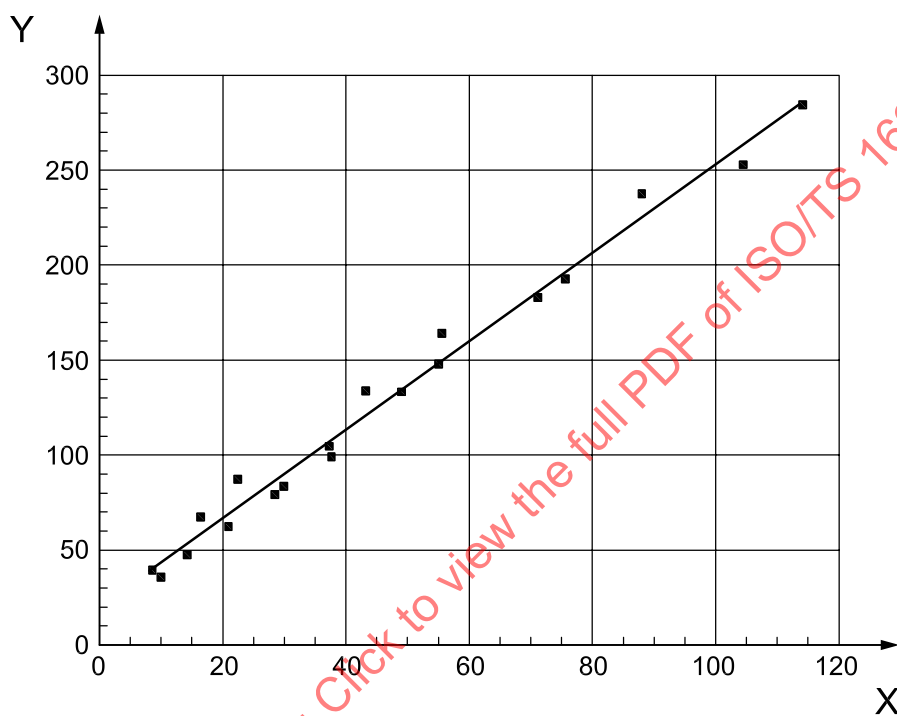
Equations (12) and (13) apply to the calculation of PIFR from  $V_E$ .

For no speech:

$$\text{PIFR} = (5,605 \times V_E)^{-0,1675} \quad (12)$$

For speech:

$$\text{PIFR} = [36,707 \times (0,8 \times V_E)]^{-0,4743} (0,8 \times V_E) \quad (13)$$



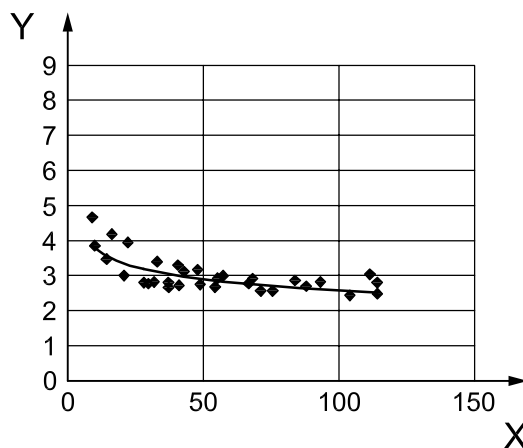
**Key**

X minute ventilation,  $V_E$ , in l/min BTPS

Y peak inspiratory flow, in l/min

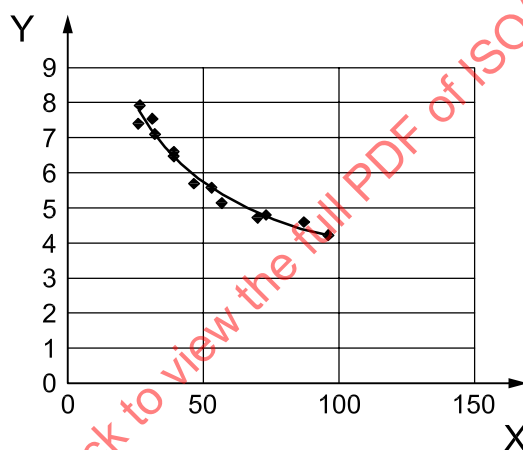
NOTE For details, see reference [15].

**Figure 2 — Relation between peak inspiratory flow rate and minute ventilation**



$$y = 5,605 \times x^{-0,1675}; R^2 = 0,599\ 7$$

a) Relation for no speech conditions



$$y = 36,707 \times x; R^2 = 0,973\ 8$$

b) Relation measured when subjects read a standard text during exercise

#### Key

X minute ventilation,  $V_E$ , in l/min BTPS

Y ratio PIFR/ $V_E$

NOTE 1 Figure 3 a) is based on mean values for 37 conditions in four independent studies.

NOTE 2 In Figure 3 b), the data report mean values from 13 conditions in two independent studies.

**Figure 3 — Ratio of peak inspiratory flow rate to minute ventilation as a function of minute ventilation during work using negative pressure (filter) breathing apparatus**

## 8 Individual variation and gender aspects

The metabolic requirements (and the associated minute ventilation) for a given work task depends among other things on body dimensions and work efficiency, e.g. walking at a given speed requires a higher metabolic rate the taller and heavier the person is (ISO 8996 provides further information). Standard formulae are available for the prediction of such effects (see references [13] and [18]). In Tables 2, 3 and 4, the minute volumes are given for the mean of collected samples, but also for the mean value at  $+2S_E$  ( $S_E$  being used as a statistical means for comparison of a number of samples).  $S_E$  is the standard error for prediction of  $V_E$  based on the calculated regression equation for several samples of data (Excel, Analysis Toolpak). The standard

error of the minute volume in Figure 1 is 12,46 l/min and  $2S_E$  corresponds to 24,91 l/min. The regression line for this population [Equation (7)] is plotted in Figure 1 and the values for defined classes of metabolic rate are given in Tables 2, 3 and 4.

Based on Table 1, values for oxygen consumption [see Equations (4), (5) and (6)], minute ventilation [see Equations (8) and (9)] and PIFR [Equation (10)] can be calculated from Tables 2, 3 and 4 for persons of different body sizes (body height,  $H_b$ , in m) and body mass (body weight,  $W_b$ , in kg). The different values for oxygen consumption are used as base values for calculation of minute volume and peak flow rates.

Table 2 comprises values for a person with a body surface area,  $A_{Du}$ , of 1,69 m<sup>2</sup> (e.g.  $H_b = 1,7$  m and  $W_b = 60$  kg). This value may be representative for males in some Asian populations, but it is also the defined value for the ISO standard woman, in terms of height and weight (see ISO 8996).

Table 3 comprises values for a person with a body surface area,  $A_{Du}$ , of 1,84 m<sup>2</sup> (e.g.  $H_b = 1,75$  m and  $W_b = 70$  kg). This value may be representative for males in many parts of the world, but it is also the defined value for the ISO standard man, in terms of height and weight (see ISO 8996).

Table 4 comprises values for a person with a body surface area,  $A_{Du}$ , of 2,11 m<sup>2</sup> (e.g.  $H_b = 1,88$  m and  $W_b = 85$  kg). This value may be representative for males in many European and North-American populations.

**Table 2 — Estimation of minute volume and peak inspiratory flow rate values for conditions of speech and no speech, for a person with a body surface area of 1,69 m<sup>2</sup>**

| Class | Average metabolic rate<br>W/m <sup>2</sup> | Oxygen consumption<br>$V_{O_2}$<br>l/min (STPD) | Minute volume<br>$V_E$<br>l/min (BTPS) | $V_E + 2S_E$<br>l/min (BTPS) | Peak flow rate<br>(no speech) <sup>a</sup><br>l/sec (BTPS) | Peak flow rate<br>(speech) <sup>b</sup><br>l/sec (BTPS) |
|-------|--------------------------------------------|-------------------------------------------------|----------------------------------------|------------------------------|------------------------------------------------------------|---------------------------------------------------------|
| 1     | 65                                         | 0,315                                           | 10                                     | 13                           | 0,79                                                       | 2,10                                                    |
| 2     | 100                                        | 0,485                                           | 15                                     | 20                           | 1,14                                                       | 2,64                                                    |
| 3     | 165                                        | 0,800                                           | 25                                     | 33                           | 1,72                                                       | 3,43                                                    |
| 4     | 230                                        | 1,115                                           | 36                                     | 46                           | 2,27                                                       | 4,08                                                    |
| 5     | 290                                        | 1,406                                           | 45                                     | 58                           | 2,76                                                       | 4,61                                                    |
| 6     | 400                                        | 1,939                                           | 62                                     | 80                           | 3,60                                                       | 5,46                                                    |
| 7     | 475                                        | 2,302                                           | 73                                     | 95                           | 4,16                                                       | 5,98                                                    |
| 8     | 600                                        | 2,908                                           | 93                                     | 121                          | 5,05                                                       | 6,76                                                    |

NOTE Values are calculated for a person with a body surface area of 1,69 m<sup>2</sup> (1,7 m and 60 kg).

<sup>a</sup> Peak inspiratory flow rate calculated from  $V_E + 2S_E$  using Equation (12).

<sup>b</sup> Peak inspiratory flow rate calculated from  $V_E + 2S_E$  using Equation (13).

**Table 3 — Estimation of minute volume and peak inspiratory flow rate values for conditions of speech and no speech, for a person with a body surface area of 1,84 m<sup>2</sup>**

| Class                                                                                                       | Average metabolic rate<br>W/m <sup>2</sup> | Oxygen consumption<br>$\dot{V}_{O_2}$<br>l/min (STPD) | Minute volume<br>$\dot{V}_E$<br>l/min (BTPS) | $\dot{V}_E + 2S_E$<br>l/min (BTPS) | Peak flow rate<br>(no speech) <sup>a</sup><br>l/sec (BTPS) | Peak flow rate<br>(speech) <sup>b</sup><br>l/sec (BTPS) |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------------|----------------------------------------------|------------------------------------|------------------------------------------------------------|---------------------------------------------------------|
| 1                                                                                                           | 65                                         | 0,344                                                 | 11                                           | 14                                 | 0,85                                                       | 2,20                                                    |
| 2                                                                                                           | 100                                        | 0,528                                                 | 17                                           | 22                                 | 1,22                                                       | 2,76                                                    |
| 3                                                                                                           | 165                                        | 0,872                                                 | 28                                           | 36                                 | 1,85                                                       | 3,59                                                    |
| 4                                                                                                           | 230                                        | 1,215                                                 | 39                                           | 50                                 | 2,44                                                       | 4,27                                                    |
| 5                                                                                                           | 290                                        | 1,533                                                 | 49                                           | 64                                 | 2,96                                                       | 4,83                                                    |
| 6                                                                                                           | 400                                        | 2,114                                                 | 67                                           | 88                                 | 3,87                                                       | 5,72                                                    |
| 7                                                                                                           | 475                                        | 2,510                                                 | 80                                           | 104                                | 4,47                                                       | 6,26                                                    |
| 8                                                                                                           | 600                                        | 3,171                                                 | 101                                          | 132                                | 5,43                                                       | 7,07                                                    |
| NOTE Values are calculated for a person with a body surface area of 1,84 m <sup>2</sup> (1,75 m and 70 kg). |                                            |                                                       |                                              |                                    |                                                            |                                                         |
| <sup>a</sup> Peak inspiratory flow rate calculated from $\dot{V}_E + 2S_E$ using Equation (12).             |                                            |                                                       |                                              |                                    |                                                            |                                                         |
| <sup>b</sup> Peak inspiratory flow rate calculated from $\dot{V}_E + 2S_E$ using Equation (13).             |                                            |                                                       |                                              |                                    |                                                            |                                                         |

**Table 4 — Estimation of minute volume and peak inspiratory flow rate values for conditions of speech and no speech, for a person with a body surface area of 2,11 m<sup>2</sup>**

| Class                                                                                                       | Average metabolic rate<br>W/m <sup>2</sup> | Oxygen consumption<br>$\dot{V}_{O_2}$<br>l/min (STPD) | Minute volume<br>$\dot{V}_E$<br>l/min (BTPS) | $\dot{V}_E + 2S_E$<br>l/min (BTPS) | Peak flow rate<br>(no speech) <sup>a</sup><br>l/sec (BTPS) | Peak flow rate<br>(speech) <sup>b</sup><br>l/sec (BTPS) |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------------|----------------------------------------------|------------------------------------|------------------------------------------------------------|---------------------------------------------------------|
| 1                                                                                                           | 65                                         | 0,393                                                 | 13                                           | 16                                 | 0,95                                                       | 2,36                                                    |
| 2                                                                                                           | 100                                        | 0,605                                                 | 19                                           | 25                                 | 1,37                                                       | 2,96                                                    |
| 3                                                                                                           | 165                                        | 0,997                                                 | 32                                           | 41                                 | 2,07                                                       | 3,85                                                    |
| 4                                                                                                           | 230                                        | 1,390                                                 | 44                                           | 58                                 | 2,73                                                       | 4,59                                                    |
| 5                                                                                                           | 290                                        | 1,753                                                 | 56                                           | 73                                 | 3,31                                                       | 5,18                                                    |
| 6                                                                                                           | 400                                        | 2,418                                                 | 77                                           | 100                                | 4,33                                                       | 6,13                                                    |
| 7                                                                                                           | 475                                        | 2,872                                                 | 91                                           | 119                                | 5,00                                                       | 6,71                                                    |
| 8                                                                                                           | 600                                        | 3,627                                                 | 116                                          | 150                                | 6,07                                                       | 7,59                                                    |
| NOTE Values are calculated for a person with a body surface area of 2,11 m <sup>2</sup> (1,88 m and 85 kg). |                                            |                                                       |                                              |                                    |                                                            |                                                         |
| <sup>a</sup> Peak inspiratory flow rate calculated from $\dot{V}_E + 2S_E$ using Equation (12).             |                                            |                                                       |                                              |                                    |                                                            |                                                         |
| <sup>b</sup> Peak inspiratory flow rate calculated from $\dot{V}_E + 2S_E$ using Equation (13).             |                                            |                                                       |                                              |                                    |                                                            |                                                         |

## Annex A (informative)

### Examples for the use of data

#### A.1 Correction of body size

Tables 2, 3 and 4 provide values for persons of different body sizes. They are characterized by their body weight and height. It is possible to derive sets of values that apply to specific populations once they are defined by body size characteristics. Based on height and weight for a representative sample of the population, the body surface area can be determined. Oxygen consumption, minute ventilation and PIFR are then calculated in accordance with the procedure described in 7.2.

#### A.2 Example of activities

Table A.1 gives examples of typical activities or types of work and the associated metabolic rates, in  $W/m^2$ . For each level of metabolic rate, there is an associated value for the required oxygen consumption by the active person. This value depends on body size. The values in Tables 2, 3 and 4 are calculated for three populations of body sizes characterized by their body weight and height.

The values given for classes 1 to 5 are average values for a shift comprised of work and break elements. This type of work is repeated every day and is associated with an individual workload of less than 50 % of the maximal capacity. The examples shown for classes 1 to 5 in Table A.1 are derived from ISO 8996 and do not include the use of respiratory protective devices. When respiratory protective devices are needed in this kind of work, the work load differs (e.g. depending on breathing resistance and weight of equipment). If the same external work is required (e.g. walking at 5 km/h), the addition of a compressed air breathing apparatus, weighing approximately 15 kg, may increase the oxygen consumption by 10 % to 20 %; as a result, the work belongs to a higher class and the required minute ventilation and peak flow rates become higher. Alternatively, the use of a respiratory protective device may require a reduction of the external work in order to remain within the same class.

The values for classes 6 to 8 are the average values for the specified work period and assume continuous work without breaks. In most cases of emergency and rescue work, people wear personal protective equipment and/or RPD, which add to the metabolic rate. In this kind of work, the individual often paces himself and the final load is determined by the work capacity of the individual. The classes represent workloads from 50 % to almost 100 % of the maximal individual capacity.

A work operation of the type performed in fire and rescue services may require work bouts of various intensities over a period of 1 h to 2 h. If work of classes 7 and 8 occurs once or several times, it needs to be interspaced by periods of sufficient length for the person to recover. The recovery period may comprise rest pauses or work periods of significantly lighter work. The individual will need to adjust his pacing in every work bout in order to be able to cope with the overall task. Age, physical fitness, heat, hydration level and other factors determine the individual's ability to recover quickly.

Table A.1 — Classification of metabolic rate and examples of corresponding activities

| Class | Average metabolic rate<br>$Wm^{-2}$ | Examples of work and activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1     | 65                                  | Resting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 2     | 100                                 | Average for full work shifts including breaks.<br><br>Sitting at ease: light manual work (writing; typing; drawing; sewing; bookkeeping); hand and arm work (small bench tools; inspection, assembly or sorting of light materials); arm and leg work (driving vehicle in normal conditions; operating foot switch or pedal); standing drilling (small parts); milling machine (small parts); coil winding; small armature winding; machining with low power tools; casual walking (speed up to 2,5 km/h). |
| 3     | 165                                 | Average for full work shifts including breaks.<br><br>Sustained hand and arm work (hammering in nails; filing); arm and leg work (off-road operation of lorries, tractors or construction equipment); arm and trunk work (work with a pneumatic hammer; tractor assembly; plastering; intermittent handling of moderately heavy material; weeding; hoeing; picking fruits or vegetables; pushing or pulling light-weight carts or wheelbarrows; walking at a speed of 2,5 km/h to 5,5 km/h; forging).      |
| 4     | 230                                 | Average for full work shifts including breaks.<br><br>Intense arm and trunk work (carrying heavy material; shovelling; sledgehammer work; sawing; planing or chiselling hard wood; hand mowing; digging; walking at a speed of 5,5 km/h to 7 km/h; pushing or pulling heavily loaded hand carts or wheelbarrows; chipping castings; concrete block laying).                                                                                                                                                |
| 5     | 290                                 | Average for full work shifts including breaks.<br><br>Very intense activity at a fast pace (working with an axe; intense shovelling or digging; climbing stairs, ramp or ladder; walking quickly with small steps; running; walking at a speed greater than 7 km/h).                                                                                                                                                                                                                                       |
| 6     | 400                                 | Continuous work for up to 2 h without breaks.<br><br>Safety and rescue work with heavy equipment and/or personal protective equipment; mine or tunnel escape; fit individuals pacing themselves at 50 % to 60 % of their maximal aerobic capacity; walking quickly or running with protective equipment and/or tools and goods; walking at 5 km/h and 10 % elevation.                                                                                                                                      |
| 7     | 475                                 | Continuous work for up to 15 min without breaks.<br><br>Rescue and fire fighting work at high intensity; fit and well-trained individuals pacing themselves at 70 % to 80 % of their maximal aerobic capacity; searching contaminated spaces; crawling under and climbing over obstacles; removing debris; carrying a hose; walking at 5 km/h and 15 % elevation.                                                                                                                                          |
| 8     | 600                                 | Continuous work for less than 5 min without breaks.<br><br>Rescue and fire fighting work at maximal intensity; fit and well-trained individuals pacing themselves at 80 % to 90% of their maximal physical work capacity; climbing stairs and ladders at high speed; removing and carrying victims; walking at 5 km/h and 20 % elevation.                                                                                                                                                                  |

NOTE 1 Table modified from ISO 8996:2004, Table A.2.

NOTE 2 Classes 1 to 5 describe activities of an everyday nature that can be repeated several times a day, five days a week, e.g. in industrial work. Values are mean values for a shift including breaks.

NOTE 3 Classes 6 to 8 describe time-limited activities, which may be repeated during safety, rescue and fire fighting work. Values for classes 6 to 8 are the average for the work period only and include the use of respiratory protective devices.