



# **User manual**

**VERSION 17.0**

© **INSTITUTO DE BIOMECÁNICA DE VALENCIA**

ABRIL 2018

---

## **Ergo/IBV®**

The use of the software described in this manual outside the agreed terms of the license agreement is prohibited.

### **COPYRIGHT NOTICE**

Copyright© 2018 Instituto de Biomecánica de Valencia (IBV).

All rights reserved.

Ergo/IBV is distributed under the Instituto de Biomecánica de Valencia (IBV) license.

The reproduction of this publication without prior written permission from the Instituto de Biomecánica of Valencia (IBV) UNIVERSIDAD POLITÉCNICA DE VALENCIA, Edificio 9C · Camino de Vera s/n, E-46022 Valencia (ESPAÑA) is forbidden.

### **REGISTERED TRADEMARK**

Windows is a registered trademark of Microsoft Corporation. The names of other products mentioned in this manual may be trademarks or registered trademarks of their respective companies.

---

## **INDEX**

1. ABOUT THE MANUAL
  - How to use the manual
  
2. INSTALLATION AND LICENSE
  - Introduction
  - System requirements
  - Program installation
  - License update
  - Feedback and suggestions
  
3. OPERATION OF THE APPLICATION
  - General description of the program
  - How to use the markers
  - Import/Export
  - Importing tasks from Ergo/IBV Tool
  - How to use the search function
  - Wizard to select modules
  - ISO analysis mode
  - Adding photos
  - How to use the video
  - How to use the reports
  
4. MODULE – ErgoCheck
  - Introduction
  - Data
  - Report
  - Recommendations
  
5. MODULES – Single and Multiple Manual Material Handling
  - Introduction
  - Lifting
  - Pulling
  - Pushing
  - Carrying

- How to analyze a multiple task
6. MODULE – Variable Manual Material Handling
    - Introduction
    - Data
    - Report
  7. MODULE – Sequential Manual Material Handling
    - Introduction
    - Data
    - Report
  8. MODULE – Injured Manual Material Handling
    - Introduction
    - Data
    - Report and recommendation
  9. MODULE –Manual Patient Handling [MAPO]
    - Introduction
    - Data
    - Report
  10. MODULE – Repetitive tasks
    - Introduction
    - Data
    - Report
    - Recommendations
  11. MODULE – OCRA Multitask
    - Introduction
    - Data
    - Report
  12. MODULE – Postures [OWAS]
    - Introduction
    - Data
    - Report

13. MODULE – Postures [REBA]
  - Introduction
  - Data
  - Report
  - Redesign
  
14. MODULE – EN 1005-3 [FORCES]
  - Introduction
  - Data
  - Report
  
15. MODULE – Office
  - Introduction
  - Data
  - Report
  - Recommendations
  
16. MODULE – ErgoMater
  - Introduction
  - Data
  - Calculation of the acceptable mass
  - Report
  - Recommendations
  
17. MODULE – Anthropometric design of the workstation
  - Introduction
  - Data
  - Worker adaptation
  - Report and recommendation

ANNEX 1 – Bibliography

ANNEX 2 – Technical support and suggestions

ANNEX 3 – Task data sheet

ANNEX 4 – Data protection