



User manual

VERSION 25.0

© **INSTITUTO DE BIOMECÁNICA DE VALENCIA**

APRIL 2025

Ergo/IBV®

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

COPYRIGHT NOTICE

Copyright© 2025 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
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 [ISO 12295]
 - 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 – NOM-036-1 (México)
 - Introduction
 - Data
 - Report
- 10. MODULE – HSE (MAC / RAPP)
 - Introduction
 - Data
 - Report
- 11. MODULE –Manual Patient Handling [MAPO]
 - Introduction
 - Data
 - Report
- 12. MODULE – Repetitive tasks
 - Introduction
 - Data
 - Report
 - Recommendations
- 13. MODULE – OCRA Multitask
 - Introduction
 - Data
 - Report
- 14. MODULE – Postures [OWAS]
 - Introduction
 - Data
 - Report
- 15. MODULE – Postures [REBA]
 - Introduction

- Data
 - Report
 - Redesign
16. MODULE – Postures [RULA]
- Introduction
 - Data
 - Report
 - Redesign
17. MODULE – EN 1005-3 [FORCES]
- Introduction
 - Data
 - Report
18. MODULE – Office
- Introduction
 - Data
 - Report
 - Recommendations
19. MODULE – Telework
- Introduction
 - Data
 - Report and recommendations
20. MODULE – Ergo+50
- Introduction
 - Data
 - Report and recommendations
21. MODULE – ErgoMater
- Introduction
 - Data
 - Calculation of the items that require additional information
 - Report
 - Recommendations
22. MODULE – Anthropometric design of the workstation
- Introduction
 - Data

- Worker adaptation
- Report and recommendations

ANNEX 1 – Bibliography

ANNEX 2 – Technical support and suggestions

ANNEX 3 – Data protection