

Training - Gestures and postures - technical



4640-EN-P



Face-to-face only



1 day

This training makes it possible to raise awareness among participants of the risks associated with manual handling and to transmit to them good practices in terms of gestures and postures

Level

Knowledge

Public

- All persons whose work involves manually handling loads

Objectives

Attendees will be able to implement the following skills:

- recognising dorso-lumbar risks and taking appropriate preventive measures (directive of the Council 90/269/CEE and French Labour Code Art.R231-66 and following)
- applying the appropriate occupational gesture and posture techniques to reduce the frequency of accidents, attenuate fatigue and improve professional capability

Pedagogical & technical resources

- Alternating theoretical contributions and practical applications
- Use of innovative technologies (sensors, avatar) for immediate feedback on postures

Assessment of achievements

- Quiz

Prerequisites

No prerequisites are necessary to follow this course

Responsible

TotalEnergies Learning Solutions trainer, with expertise in the field and trained in modern teaching methods adapted to the specific needs of learners from the professional world

Program

DESCRIPTION

Awareness of the risks of accidents by handling:

- Statistics on work-related accidents related to material handling.
- Regulatory framework (Directive 90/269/EEC, Labour Code Art. R231-66 et seq.).
- Notions of anatomy and applied physiology.
- Understanding of exertion, fatigue and the evolution of injuries.

Practical exercises:

- Physical Principles of Handling.
- Application of the principle of saving effort.

- Handling of various loads.
- Analysis and correction of working postures.

Organization of the workstation:

- Layout and optimization according to the principle of effort-saving.

Technological immersion:

- Use of sensors and an avatar to visualize and correct postures in real time on the Oleum Nord site.

Please contact our disabled persons referent to check the accessibility of this training program:

tls-handicap@totalenergies.com