

Training - Gestures and postures - technical



00004640_020-EN-P



Face-to-face only



1 day

This training makes it possible to raise awareness among participants of the risks associated with handling and to transmit to them the appropriate gestures and postures in order to prevent musculoskeletal disorders, improve safety at work and strengthen professional efficiency

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

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 related to handling:

- Statistics on accidents at work.
- Regulatory framework (Directive 90/269/EEC, Labour Code Art.R231-66 et seq.).
- Notions of anatomy and applied physiology.
- Concepts of effort, fatigue and the evolution of injuries.

Practical exercises:

- Physical principles of handling.
- Effort-saving techniques.
- Handling of various loads.

Organization of the workstation:

- Application of the principle of saving effort to the layout of the workstation.

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

tls-handicap@totalenergies.com