

Training - Gestures and postures - technical



00004640_021-EN-P



Face-to-face only



4 hours

This training makes administrative staff aware of the risks associated with handling and working postures, in order to prevent musculoskeletal disorders and improve well-being at the workplace

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 handling risks:

- 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.
- Concepts of effort, fatigue and evolution of injuries.

Practical exercises:

- Physical Principles of Handling.
- Effort-saving techniques.
- Handling of various loads.

- Adapted working postures.

Organization of the workstation:

- Application of the principle of saving effort to the design of space.

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

tis-handicap@totalenergies.com