

Musculoskeletal Disorders Prevention / Handling

MSD / Handling inert loads



LEVEL

Formation initiale



TARGET AUDIENCE / RELEVANT STAFF

Any agent having to carry out a airport handling activity.
Course limited to 10 trainees maximum.



OBJECTIVES

- Understand the issues of prevention of musculoskeletal disorders.
- Know how to reduce stresses of the physical constraints by relying on the principles of physical safety and economy of efforts.
- Know the basic technical handling of inert loads.




CONTENTS

Theoretical

- Understand the value of prevention: issues / health indicators.
- Notions of anatomy, back physiology and biomechanics.
- Different factors of Musculoskeletal Disorders (MSDs).
- Main physical attacks related to the work activity.
- Principles of physical safety and economy of effort.
- Technical aids for handling.
- Strengthening and stretching method.

Practice

Practical exercises of handling and transport of loads adapted to the airport working environment.

 **Duration** for information purposes

4 hrs.

 **Prerequisites**

There are no prerequisites for this course.

 **Method**

- Demonstrations, professional situations.
- A qualified and experienced trainer provides the training action.

 **Evaluation**

- **Theoretical** : Individual assessment grid to validate the skills of the learner and to note the areas for improvement.

 **Validity**

-

 **Contact**

 + 33 1 48 16 37 24

 ifma@geh.aero

 <http://ifma.test.invenietis.com/en/>