

Musculoskeletal Disorders (MSD) Prevention

Work with display screen



LEVEL

Formation initiale



TARGET AUDIENCE / RELEVANT STAFF

Anyone having to perform a work activity requiring the use of a display screen.
Course limited to 10 trainees.



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.



CONTENTS

Theoretical

- Understand the value of prevention: issues / health indicators.
- Notions of anatomy, back/arm/hand physiology and biomechanics.
- Different factors of Musculoskeletal Disorders (MSDs).
- Main physical attacks related to the office work activity on display screen.
- Principles of physical safety and economy of effort.
- Office equipments.
- Strengthening and stretching method.

Practice

Practical exercises adapted to the display screen 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

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