

## Ergonomics for non-specialists



QST-3 2 Days (14 Hours)

### Description

Ergonomics is an approach that makes it possible to develop working conditions conducive to the well-being and quality of life at work of employees. This training allows you to discover the fundamentals of ergonomics to improve productivity and well-being at all workstations.

### Who is this training for ?

#### For whom

HR Manager, HR Manager, Occupational Physician, Resp. health and safety, Member CSSCT/CSE, Resp. ergonomics.

#### Prerequisites

None.

### Training objectives

- Learn the basic notions of ergonomics.
- Identify the contribution of ergonomics to work.
- Integrate the notions of pace and mental load.
- Improve the layout of work spaces.

### Training program

#### Maîtriser les notions de base de l'ergonomie

- Improving the workstation: why, how? interest of ergonomics for efficiency and productivity at work; legal obligations; involving competent stakeholders in the analysis and design of workstations .
- Fundamental knowledge of ergonomics: postures, frequencies, efforts, risks of Musculoskeletal Disorders.

#### Travailler sur l'aménagement des espaces de travail

- Prolonged sitting or standing positions.
- Computer workstations: seated posture, computer screen, keyboard.
- The layout of offices and meeting rooms meeting.
- Orientation in relation to lighting points: case of open space offices.

### Pratiquer l'analyse ergonomique d'un poste de travail

- The particular case of seated workstations.
- The specificity linked to standing workstations.
- Analyze a situation, a workstation and propose improvements .
- Be attentive to the physical layout: furniture, work accessories.

### Passer de l'ergonomie au développement du bien-être au travail

- Measure and act on mental workload.
- Anticipate mental workload factors: measurement tool.
- Integrate the impact of work rhythms.
- Carry out an ergonomic diagnosis.
- Involve all stakeholders: HR, CHSCT/CSSCT occupational physicians.