

Ergonomics of the industrial workstation



PL-74 1 Days (7 Hours)

Description

This training will allow you to understand the basics of workplace ergonomics in an industrial environment. It will show you how to identify arduousness factors, create analysis grids, etc., with a view to implementing an approach to improving working conditions.

Who is this training for ?

For whom

Any person whose work position occasionally or regularly requires physical effort or repetitive demands or manual handling work in an industrial environment. Any person taking part in the installation or creation of workstations or making modifications to workstations in an industrial environment.

Prerequisites

Basic knowledge of safety and risk prevention

Training objectives

- Numerous concrete cases and feedback, to reflect on the application to your own context
- The ergonomic diagnosis of a workstation
- An example of an approach methodology for successful implementation in a work situation
- A field trainer for an operational approach

Training program

Présentation de l'ergonomie : discipline et idées reçues

- Know the basics of ergonomics: history, general presentation, main trends.
- Distinguish the different disciplines in ergonomics (biomechanics, cognitive, sociology, psychology, anthropometry).
- Understand the underlying model and the main notions (activity, regulation, system.
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- Acquire approach and methodology: analysis of the task and the activity, identification of arduousness factors.
- Practical work Analysis of a work situation based on a few films.
- Production of a first draft of the analysis of the task.

Acquérir des repères pour l'évaluation "simple" des postes

- Know the main standards in force in the context of industrial work: understanding and limits.
- Use the workstation evaluation tools or grids (Niosh, Orege, METEO grid of PSA, AFPI.
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- Locate the important and simple criteria to take into account in a work situation.
- Practical work Creation of 'a succinct analysis grid.
- Application of the evaluation grid on a position presented in the videos.
- The results and uses of the grids will be discussed in a group.

Mettre en oeuvre une démarche d'amélioration des conditions de travail

- Determine the actions to be implemented, plan and monitor them.
- Use monitoring tools and methods (job mapping, action plan) and animation (groups monitoring).
- Evaluate the conditions for the success of an ergonomics approach.
- Reflection on the positioning of ergonomics.
- Know the methods of certification in ergonomics: the conditions for obtaining and the approach to implement.
- Practical work Exchange with participants on the approaches implemented in their respective companies, the difficulties encountered and the conditions of success.