

ANALYTICAL CONTENTS OF THE COURSE: OCRA INDEX

First part

RISK ASSESSMENT WITH OCHER INDEX: CRITERIA AND METHODS

8.30 The organization of the working day, the description of work tasks, their breakdown into phases. EXERCISE

9.30 Organizational data: net working time, productivity, cycle time. EXERCISE

CRITERIA AND METHODS FOR RISK ASSESSMENT: RISK FACTORS

10.00 Criteria, procedures, methods and indices for risk assessment: duration of the task and lack of recovery time. EXERCISE

10.30 Coffee break

10.45 The frequency risk factor. Insights into the classification of technical actions with examples.

Calculation of the durations of technical actions. Static actions. EXERCISE

1.00pm lunch break

2.00pm The risk factor forces. EXERCISE

2.30pm The risk factor of incongruous postures and stereotypy. EXERCISE

4.30pm Complementary risk factors. EXERCISE

Second part

8.30 Calculation of the final exposure index with OCRA index

EXERCISE IN THE ANALYSIS OF SIMPLE TASKS WITH THE OCHER INDEX (WITH PETRA SOFTWARE)

10.00 Video cutting exercise for choosing the cycle to analyse, compression and archiving (free software)

10.30 Coffee break

10.45 Application examples and exercises on the use of evaluation methods: analysis of films in different work situations

1.00pm lunch break

EXERCISE WITH BALANCING, ROTATION BETWEEN TASKS AND COST-BENEFIT ANALYSIS (WITH PETRA SOFTWARE)

2.00pm Examples of balancing performed with PETRA software

Examples of cost-benefit analyses

Exercise with rotation between tasks.

4.30pm-5.30pm POST TEST TO CHECK THE TEACHER'S LEARNING AND JUDGMENT