

NEW ORIGINAL E-LEARNING CORSES ON PREVENION OF BIOMECHANICAL OVERLOAD



THE PREVENTION AND MANAGEMENT OF THE BIOMECHANICAL OVERLOAD RISK FOR UPPER LIMBS AND SPINE

E-Learning Courses prepared by
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**E-LEARNING
COURSES**

A FORMATIVE BASIC TRAINING ON BIOMECHANICAL OVERLOAD

This preliminary basic training path (in English) is dedicated to the study of the work related biomechanical overload that represents the first occupational risk in the world. The evaluation of exposure risk is made according to the most recent ISO Standards and Technical Reports.

CONTENT OF THE BASIC TRAINING: 3 COURSES

This formative path has 3 courses on the study of exposure assessment: 1) for upper limbs (OCRA checklist); 2) for spine (NIOSH- RNLE lifting index); 3) for pre-mapping all the major occupational discomforts with indications on the intervention priorities: ERGOCHECK,

COURSE STRUCTURE

The courses are all structured with 50% theoretical and 50% application part (exercises). The courses include many videos illustrating working realities, taken as a basis for risk assessment. The risk evaluation is performed by means of free downloadable spreadsheet in excel specifically prepared. The courses conform with the didactic criteria of EPMIES association (Ergonomics of Postures and Movement, International Ergonomics School)

GOALS AND USERS

The main goal is to transfer knowledge and skill for management of occupational biomechanical overload risk, in compliance with international Standards. It is dedicated to different professional figures (also not expert in ergonomics) like company technicians, occupational medical doctors, occupational physiotherapist, security technicians, etc.



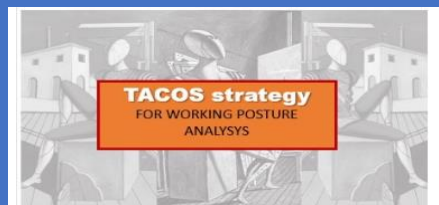
OCRA Checklist for the evaluation of upper limbs biomechanical overload

The OCRA checklist course concerns methods and criteria for the evaluation and management of upper limb occupational biomechanical overload, risk representing the first professional risk in the world, caused of musculoskeletal work-related



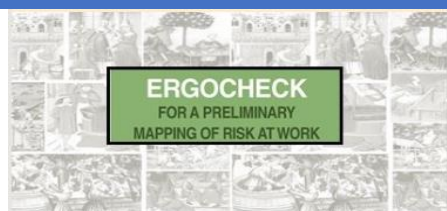
MANUAL LIFTING evaluation: a guide for simple and complex tasks (by updated "NIOSH formula")

The course gives useful guidance and tools to analyse, evaluate and manage manual lifting risk by update "NIOSH formula".



TACOS method to analyse THE awkward POSTURES of SPINE AND LOWER LIMBS

The course gives descriptive technics and evaluation criteria to evaluate the awkward postures also in complex working area with multitask exposure. modulating the final risk though a precise time assessment analysis



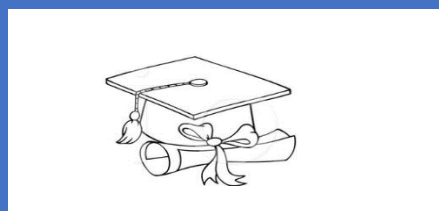
ERGOCHECK for preliminary mapping of risk at work. Tools, Guidelines, and applications.

The aim of ERGOCHECK course is to give a methodology and a simple tool for bringing together various potential risk factors to undertake a preliminary mapping of discomfort/danger in the workplaces and to assess consequent priorities.



Special ERGOCHECK for preliminary mapping of risk in COSTRUCTION AND AGRICULTURE sectors. Tools, Guidelines, and applications.

Here will be present TWO SPECIFIC simple model "ERGOCHECK" adapted to prevention of musculoskeletal diseases in the construction and in AGRICULTURE, to improve the health and safety of workers.



**FOR EACH course
CERTIFICATION
TROUGHT AUTOMATIC
QUIZ TESTS**

<https://danielacolombini-corsionline-epmies.thinkific.com>

- The price of the course is 160 \$ for 90 days enrolment only and does not include certificate. The price of the course +certificate is 230 \$
- Prices are net prices for customers outside EU community. For Italian and European community customers 22 % VAT may need to be added in accordance with the Italian law. Please contact for details: epmies.corsionline@gmail.com