

With the suggested exercises , the course can last 12-16 hours



## ERGOCHECK specific

for civil construction and agriculture courses  
Techniques and tools for pre-mapping of occupational risks

**Edited by Daniela Colombini**

Here I will present TWO SPECIFIC simple model "ERGOCHECK" adapted to prevention of musculoskeletal diseases BOTH in the construction sector AND IN AGRICULTURE, in order to improve the health and safety of workers, also in application of the criteria present in two TR iso,

In the course we will present , through many examples the ERGOCHECK worksheet, with these two versions specifically designed for the BUILDING INDUSTRY and AGRICULTURE.

We will spend time to teach how to study the work organisation, underlining the important of the first chapter, dealing with the organizational data, which is perhaps one of the most difficult aspects in these two fields.

Let me repeat that to simplify this organizational study, we have tried to create TWO SPECIFIC PRE-DEFINED LISTS OF POSSIBLE TASKS (the tasks library).

The list might not be exhaustive, we are still in the early stages of this research.

Let's not forget that in the automatic assessment what's important, what's been difficult, but what we have tried to do, is :

TO CONSIDER EACH RISK FACTOR BASED ON ITS REAL DURATION THROUGHOUT THE YEAR.

This is what's new with respect to the classic ERGOCHECK: we can now use it in multi-task situations with annual cycles, and adjust the final rating of risk priorities, with respect to the actual duration of each task.

### Course contents

#### 00. PROJECT PRESENTATION

##### 0.ERGOCHECKcostruMULTITASK

#### INTRODUCTION

#### 1.GENERAL STRUCTURE BOTH FOR COSTRUCTION AND AGRICULTURE

Presentation of the **GENERAL MODEL OF THE SPECIAL ERGOCHECK** valid for Construction and Agriculture both

##### 2.A costruINTRO E ORG

##### 2.B costruAUTOMATIC TIME AND RISKS

##### 3.costruKEY ENTER ALL RISKS

##### 4.costru REPETITIVE MOVEMENTS

##### 5.costru MANUAL HANDLING

##### 6.costru POSTURE

##### 7.costru POLLUTANTS BIOLOGIC

##### 8.costru STRESS

##### 9.costru FINAL RESULTS and CONCLUSION

##### 10.costru EXAMPLES

New model : **ERGOCHECKcostru**  
Specific for civil constructions  
this model includes a "pre-evaluated library of work tasks (subdivided into macro-phases and phases) present in civil constructions.

##### 11.A agri ORG and ALL RISK

##### 11.B agri REPETITIVE MOVEMENTS

##### 11.C agri MANUAL HANDLING POSTURE

##### 11.D agri POLLUTANT STRESS FINAL

##### 11.E agri FINAL and EXAMPLES

New model : **ERGOCHECKagri**  
Specific for agriculture  
this model includes a "pre-evaluated library of work tasks (subdivided into macro-phases and phases) present in civil constructions.