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

AIM OF THE COURSE

This first course in English is dedicated to the study of the work-related biomechanical overload of upper limbs, that represents the first professional risk in the world and that is consequently the cause of the most numerous work-related diseases. ***this basic course will deal only with "OCRA checklist".***

The main aim of the course is to transmit the necessary knowledge:

- to apply the up to date European (CEN) and international (ISO) standards concerned,
- to determine quickly what proportion of tasks can be classified as green (no risk), yellow (significant or borderline risk), red (medium risk) or purple (high risk),
- to produce an initial map of the risk related to repetitive work,
- to determine priorities for ergonomic improvement,
- to reintegrate workers with musculoskeletal diseases,
- to discuss the presence or absence of causal links between the level of risk exposure and musculoskeletal disorders for occupational diseases reporting,
- to predict the probability of getting musculoskeletal occupational diseases of the upper limbs (UL_WMSDs,
- application examples are proposed making use of spreadsheets in Excel, prepared by EPMIES, which can be downloaded for free by the EPMIES web site (www.epmresearch.org).

In practice, the OCRA method allows the management of biomechanical overload risk of the upper limbs at 360 degrees, in mpliance with international standards to different professional figures (also not expert in ergonomics) like company technicians, cupational medical doctors, occupational physiotherapist, security technicians, etc.

COURSE CONTENTS: STRUCTURE OF THE OCRA CHECKLIST COURSE

The course is divided in different chapters, each dedicated to different risk factors and / or calculation procedures making part of the checklist OCRA method. The different chapters are separated and may be accessed from the index of the course:

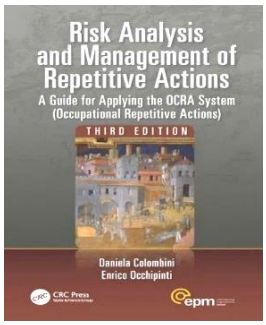
1-GENERAL INTRODUCTION
2 -STUDY OF WORK ORGANISATION, MAIN DEFINITION
3-FREQUENCY
4-FORCE
5-AWKWARD POSTURES
6-ADDITIONAL RISK FACTORS
7-FINAL RISK
8-MULTITASK ANALYSIS
9-MAPPING THE RISK

RECOMMENDED READING: the course manual

Risk Analysis and Management of Repetitive Actions: A Guide for Applying the OCRA System (Occupational Repetitive Actions), Third Edition

Daniela Colombini, Enrico Occhipinti

November 08, 2016, CRC press, Taylor & Francis



Features

- OCRA method and tools.
- Presentation of different tools in relation to different needs tools (downloaded for free)
- Analysis of rotations between multiple repetitive tasks.
- Several examples of applications.
- Role of occupational physician in risk management: health surveillance techniques and affected workers re-allocation.

Summary

This book covers the application of the OCRA (Occupational Repetitive Actions) method. The methods make up a system dedicated to the analysis and management of the risk of biomechanical overload of the upper limbs. The book focuses on the OCRA checklist which presents various models from the most simplified, to the most complex. It describes methods, criteria, procedures and tools on how to perform such an assessment, in line with international standards. The book provides you with the correct methods and tools for prevention of upper limb work related musculoskeletal disorders no matter what the working environment is or what the international standards dictates.