

# EPM INTERNATIONAL **ERGONOMICS** SCHOOL

2018

The ergonomics school with the largest international expansion in the world





**The Epm International School Scientific Association (EPM IES)** has the primary purpose of spreading throughout the world the most advanced knowledge of ergonomics, coordinating the efforts of agencies, companies and professionals (doctors and engineers) active in several countries, in the general field of **protection of health and prevention in the living and work environment**, but with particular reference to the ergonomics of posture and movement in terms of prevention and management of risks due to biomechanical overload.

**EPM INTERNATIONAL ERGONOMICS SCHOOL** is a cultural no profit association of Schools (collective Members) and of the relevant teachers (individual Members).



The Associated Collective Members (schools) and Individual Members (teachers) are commercially fully autonomous but they use the contents and methods proposed by Epm International Ergonomics School for the training activity.

# Association organizations and membership

## ASSOCIATION DIRECTION in Milan (Italy)

[www.epmresearch.org](http://www.epmresearch.org)  
[epmies.corsi@gmail.com](mailto:epmies.corsi@gmail.com)



## ITALIAN SPEAKING:

### In Italy there are presently 3 Schools:

#### MILAN

EPM IES / AIAS Academy, Milan.  
[www.epmresearch.org](http://www.epmresearch.org)

#### EMILIA ROMAGNA

Imola [www.safetywork.it](http://www.safetywork.it)  
[www.epmemiliaromagna.it](http://www.epmemiliaromagna.it)

#### VENETO

Baxi (Company) - [info@baxi.it](mailto:info@baxi.it)  
[ciro.negro@baxi.it](mailto:ciro.negro@baxi.it)

### The EPM IES Members carry out courses in many regions, the most representative being:

#### LOMBARDIA

Fond. Ca' Granda IRCCS - Policlinico  
[www.policlinico.mi.it/ergonomia](http://www.policlinico.mi.it/ergonomia)

#### MARCHE

[angela.ruschioni@sanita.marche.it](mailto:angela.ruschioni@sanita.marche.it)

#### PUGLIA

[g.dileone@tin.it](mailto:g.dileone@tin.it)

## SPANISH SPEAKING:



The Centre for Applied Ergonomics CENEA is a technological centre that offers advice, research, training and consultancy in the area of ergonomics in Spain and Latin America.

## FRENCH SPEAKING:



The Company ERGORYTHME deals with the different aspects of ergonomics in the areas of industries, services, health sectors, building and public works.

## PORTUGUESE SPEAKING:



[www.escolaocra.com.br](http://www.escolaocra.com.br)

The Company offers courses, consultancy and advisory services in relation to the management of all the aspects of ergonomics risk for private Companies and public Organization.

## ENGLISH SPEAKING:



[www.recoup.in](http://www.recoup.in)

RECOUP specialises in Rehabilitation and Research of MSDs. It has a hospital in Bengaluru and 15 clinics across India and provides Ergonomics/Occupational Health consultancy to Oracle, Texas Instruments, Mercedes Benz, SAP, Yahoo, ABB and Honeywell



# Origin Epm International Ergonomics School

In 2013 the Epm International Ergonomics School, Scientific Association originated as an evolution of **EPM Research Unit**, founded in 1985 by Antonio Grieco, for interdisciplinary research on ergonomics of posture and movement, as well as on the pathophysiology and clinical diseases of the musculoskeletal system in order to prevent damage and injuries related to work .



Antonio Grieco:  
founder



Enrico Occhipinti:  
present director



Olga Menoni:  
one of the  
founders

## EPM Research Unit

Founders were:

- CEMOC, Center for Occupational and Community Medicine in Milan.
- ICP, Public Hospital - Milan.
- Clinica del Lavoro "Luigi Devoto" (Milan University).
- Milan Politecnic.
- Don C. Gnocchi FOUNDATION in Milan.

## DANIELA COLOMBINI: President and Director of Epm International Ergonomics School



**Degree in Medicine with specialization in Occupational Medicine and in Health Statistics and Epidemiology.** European Ergonomist. Since 1985, senior researcher at EPM, where she developed methods for the analysis and evaluation of risks and damage due to biomechanical overload. She is professor at the Institute of Occupational Health of Florence University. She attended as invited speaker to main International Conferences and wrote many books on specific topics.

**She is co-author of the OCRA method, today standard EN 1005-5 and ISO 11228-3.** She is Member of the Technical Committee on the Prevention of Musculoskeletal Disorders of International Ergonomics Association (IEA) and of the technical Committee of CEN and ISO dealing with biomechanics. **She is President and Director of the EPM IES.** She teaches in many Universities in Italy and abroad.

# Research, Work and training

**RESEARCH:** Field studies (risk and epidemiological) and (re) design of working conditions.



## Training packages of courses on biomechanical overload prevention developped by EPM IES and offered by Its Members

### PROGRAM FEATURES

The different courses and training programs for the assessment and management of the risks offer to the students **information and tools necessary to manage autonomously various issues, such as the risk evaluation and mapping, the search for solutions for specific cases related to occupational diseases.**

To reach this goal each course has generally a two days structure: the first dedicated to learning of fundamentals and the second dedicated to practical exercises, by using specific EPM IES software. Students are invited to propose complex cases to discuss and solve together with the teachers.

For EPM IES the exercise session is considered essential, since teaching is not a mere transmission of theoretical concepts. Only by active participation a "course" is transformed in a successful learning process.

**Online courses are also developed.**



# Classification by thematic block courses



**Prevention and management of biomechanical overload for upper limbs and spine.**

Evaluation methods (OCRA, NIOSH Lifting Index, TACOs for Posture Evaluation, Psychophysical Tables for carrying, pushing and pulling,) and principles and experiences for ergonomic design.

**Dedicated to:** ergonomists, technicians, occupational physicians, lawyers, labor inspectors.



**Prevention and management of risks connected to manual patient handling in the healthcare sector.**

**Dedicated to:** ergonomists, technicians, occupational physicians, nurses and head nurses, physiotherapists.



**Health surveillance of workers exposed to risks from repetitive movements and manual handling.**

**Dedicated to:** occupational physicians, nurses and physiotherapists.

## AVAILABLE COURSES SPECIFICALLY PREPARED FOR TRAINING IN COMPANY

**Specific courses are ready in different languages for:**

- Occupational medical doctors.
- Insurance company for defining the link between occupational risk and musculo-skeletal pathologies.
- Machinery and work organisation designers.

For detailed programs  
and schedule,  
**please contact**  
**each specific school**





## OFFICIAL TEACHERS FROM 12 DIFFERENT COUNTRIES IN 5 LANGUAGES

The decision to accredit the teacher for the specific courses and to accept the teacher as associated members is under the full responsibility of the Epm International Ergonomics School (IES) Board of Directors in accordance with the Statute.

The teachers have to participate to accredited training initiatives/update made, according to a schedule that will be periodically proposed by EPM-IES (at least once a year).

Languages: Italian, Spanish, English, French and Portuguese.

## CONTINUOUS TRAINING OF TEACHERS

### SOME OF THE MAIN WORK COLLABORATIONS





# Main original scientific publications

**More than 200 scientific publications in different languages**



English



Italian



Portuguese



Spanish

## New books



2014  
News on OCRA  
Method in Italian



2016  
News on OCRA  
Method in  
English



2012  
News on Manual Lifting  
with Niosh Formula  
in English



2014  
News on Manual Patients  
Lifting with MAPO Formula  
(in Italian, English, Spanish  
and Portuguese).



2017-2018  
TACOs for Posture  
in Italian and English  
version

Simple software to apply the methods can be free downloaded at [www.epmresearch.org](http://www.epmresearch.org)



## Health education and training for workers

pamphlets in Italian for free download at [www.epmresearch.org](http://www.epmresearch.org)

# EPM IES MEMBERS ALL AT 2018

## ITALY



ANDRIUOLO MARCO



ARDISSONE SERGIO



BARATTI ALBERTO



BATTEVI NATALE



CAMILLIERI DAVIDE



CAMPANINI PAOLO



CERBAI MARCO



DI LEONE GIORGIO



COLOMBINI DANIELA



MENONI OLGA



NEGRO CIRO



OCCHIPINTI ENRICO



PIGINI ALBERTO



PLACCI MARCO



RUSCHIONI ANGELA



TASSO MARCO

## SPAIN AND SOUTH AMERICA OF SPANISH LANGUAGE



ALVAREZ ENRIQUE



HERNANDEZ AQUILES



TELLO SONIA



LOMBANA RONNIE



BARNAL GARCIA

## FRANCE



ALVES HORACIO



MESA CECILIA



ZANA JEAN PIERRE

## BRASIL



FACCHI RUDDY



SANTINO EDOARDO

## INDIA



DEEPAK SHARAN



JERRISH A. JOSE



JOSHUA SAMUEL





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[www.epmresearch.org](http://www.epmresearch.org)