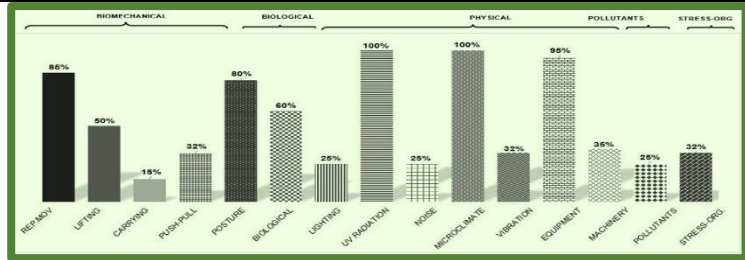


With the suggested exercises , the course can last 12-16 hours

ERGOCHECK

a simple tool model for pre-mapping all the main occupational discomfort



MAIN CONTENTS

The aim here is to suggest a methodology and a comprehensive simple tool (ERGOCHECK, downloadable for free from the website www.epmresearch.org) for bringing together various potential risk factors to undertake a preliminary mapping of discomfort/danger in the workplaces and to assess consequent priorities for prevention, especially (but not only) in small and very small businesses.

The procedure presented here demands a cooperative approach towards assessing and managing risk, as it also entails interviews with workers.

This tool will be the “first step” to rapidly but accurately identify the presence of possible sources of risk, even by staff not expert in ergonomics or industrial hygiene.

This objective also reflects the criteria set forth in ISO/TR 12295 with respect to the risk of biomechanical overload.

Against this backdrop, the “problem” of biomechanical overload and WMSDs must be considered together with other occupational “hazards” (be they physical, chemical, biological, occupational stress or other), for the more general purposes of prevention.

MAIN CRITERIA

In accordance with the recommendations of the World Health Organisation (WHO, 2010), three main criteria underpin the methodology:

- **globality**: a global approach towards assessing the worker's discomfort, due to either the task or the workplace,
- **simplicity**: the methodology consists in an easy-to-use model for collecting data,
- **priority-setting**: the results obtained automatically via dedicated software and depicted clearly in bar graphs will not only help to identify problems but also offer a scale of priorities for subsequent interventions and assessments.

The volume also contains many applicative experiences, and an entire chapter is devoted to applications in agriculture.

COURSE CONTENT

INTRODUCTION: AIM AND CRITERIA IN INTERNATIONAL STANDARD: THE TR ISO 12295

KEY ENTERS FOR ALL THE RISKS

QUICK ASSESSMENT FOR BIOMECHANICAL OVERLOAD: UPPER LIMBS REPETITIVE MOVEMENTS- FINAL EVALUATION

QUICK ASSESSMENT FOR BIOMECHANICAL OVERLOAD: MANUAL LIFTING, CARRYING, PUSHING PULLING- FINAL EVALUATION

QUICK ASSESSMENT FOR AWKWARD POSTURES- FINAL EVALUATION

QUICK ASSESSMENT FOR CHEMICAL, PHYSICAL AND BIOLOGICAL POLLUTANTS

ERGOCHECK PLUS: SPECIAL MODEL FOR MULTITASK ANALYSIS

FINAL EVALUATION: PRIORITY DESCRIPTION

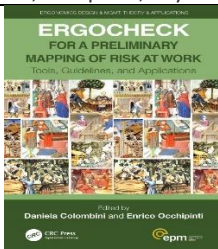
STRESS AND GLOBAL FINAL EVALUATION

RECOMMENDED READING

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

Daniela Colombini, Enrico Occhipinti

2020, CRC press, Taylor & Francis



Features

- ERGOCHECK represents the “first step” to rapidly but accurately identify the presence of possible sources of risk, even by staff not expert in ergonomics or industrial hygiene.
- ERGOCHECK is applicable using spreadsheet downloadable for free from the website.
- This objective also reflects the criteria set forth in ISO/TR 12295 with respect to the risk of biomechanical overload.
- -The volume also contains many applicative experiences, and an entire chapter is devoted to applications in agriculture

Summary

The aim here of ERGOCHECK is to suggest a methodology and a comprehensive 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 for prevention, especially (but not only) in small and very small businesses.

The tool is primarily designed to be used by employers, OSH operators, trade union representatives, but it may also be useful for occupational medical staff conducting periodical inspections and drafting health surveillance protocols, and for supervisory bodies (labour inspectors) conducting inspections in the workplace needing to rapidly detect potentially dangerous situations requiring specific preventive interventions