

Musculoskeletal Disorders Prevention / Handling

MSD / Handling inert loads



LEVEL

Initial training



TARGET AUDIENCE / RELEVANT STAFF

Any agent having to carry out a airport handling activity.

Course limited to 10 trainees maximum.



OBJECTIVES

- Understand the issues of prevention of musculoskeletal disorders.
- Know how to reduce stresses of the physical constraints by relying on the principles of physical safety and economy of efforts.
- Know the basic technical handling of inert loads.



CONTENTS

Theoretical

- Understand the value of prevention: issues / health indicators.
- Notions of anatomy, back physiology and biomechanics.
- Different factors of Musculoskeletal Disorders (MSDs).
- Main physical attacks related to the work activity.
- Principles of physical safety and economy of effort.
- Technical aids for handling.
- Strengthening and stretching method.

Practice

Practical exercises of handling and transport of loads adapted to the airport working environment.



Duration indicative basis

3 hrs.



Prerequisites

There are no prerequisites for this course.



Method

- Demonstrations, professional situations.
- A qualified and experienced trainer provides the training action.



Evaluation

- **Theoretical** : Individual assessment grid to validate the skills of the learner and to note the areas for improvement.



Validity

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Contact

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