

# Course : Ergonomics, gestures and postures

*Practical course - 2d - 14h00 - Ref. GPS*

Avoiding Musculoskeletal Disorders (MSD), the consequences of which are often underestimated, is a major challenge in the healthcare sector. This training course will enable you to identify potentially stressful situations in the hospital environment, and adopt the appropriate gestures and postures.

## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Understanding the challenges of workplace safety
- ✓ Applying appropriate gesture techniques and work postures
- ✓ Adapting your behavior in your job to prevent risk
- ✓ Put into practice the knowledge, know-how and interpersonal skills needed to master safety in the workplace

## Intended audience

All relevant healthcare personnel.

## Prerequisites

No special knowledge required.

## Practical details

Our teaching approach is based on HAS tools, guides and recommendations.

## Course schedule

### 1 Major risks

- Know the reference data.
- Understand current regulations.
- Identify the issues, consequences and responsibilities involved.

### Hands-on work

Discussions between participants on their knowledge of the legislation and their situation within their facility.

### PARTICIPANTS

All relevant healthcare personnel.

### PREREQUISITES

No special knowledge required.

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## 2 Handling risk

- Ergonomics.
- Gestures and postures.
- Traumatic situations for the spine.
- Different types of pain, causes of pain.
- Expenses.

## 3 Risks related to working conditions and positions

- Different types of equipment and associated risks.
- Control methods and precautions.
- Don't confuse speed with haste.

## 4 The risk of falling

- Slide.
- Fall from height (stairs).

## 5 Best practices

- Notion of effort and fatigue.
- Physical principles of handling.
- Principle of economy of effort.
- Different handholds.
- Nine fundamental principles for risk-free business.

## Dates and locations

### REMOTE CLASS

2026 : 28 May

### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@orsys.fr](mailto:psh-accueil@orsys.fr) to review your request and its feasibility.