

Course : Preserving your health in the workplace

Practical course - 2d - 14h00 - Ref. CAS
Price : 1610 CHF E.T.

In the face of multiple professional constraints, it's important to maintain your personal balance. This course will help you get to know your resources better, improve your lifestyle and prevent physical and psychological risks, all of which will enable you to act with serenity and efficiency.

Teaching objectives

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

- ✓ Adopting good eating habits
- ✓ Respect your biological rhythms and sleep patterns
- ✓ Reducing fatigue through good posture at work
- ✓ Prevent musculoskeletal disorders
- ✓ Understanding stress factors and emotions
- ✓ Developing a positive attitude

Intended audience

Anyone wishing to take responsibility for their own prevention and acquire automatic habits for physical, emotional and psychological well-being.

Prerequisites

No special knowledge required.

Practical details

Hands-on work

Self-diagnosis. Physical exercises. Active role-playing. Role plays. Exchange of experiences.

Teaching methods

Active pedagogy requiring personal involvement.

Course schedule

PARTICIPANTS

Anyone wishing to take responsibility for their own prevention and acquire automatic habits for physical, emotional and psychological well-being.

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.

1 Clarifying the concept of health

- WHO definition: health is not the absence of disease.
- Notion of well-being.
- Risky needs and operating modes.

Group discussion

Collective exchange on behaviors that can be harmful to personal balance.

2 Improve your eating habits

- Adopt good habits.
- Balancing your diet.
- Identify the role of vitamins in the body's defense system.
- Keeping the pleasure dimension. Addictions.

Case study

Menu composition based on individual needs and constraints.

3 Know your biological rhythms and the sleep mechanism

- Biological rhythms and working hours.
- Detecting signs of fatigue.
- Friends and enemies of sleep, rules to follow.

Exercise

Relaxing and regenerating exercises.

4 Improving posture at work

- Develop kinesthetic perception.
- Know the right postures. Improve sitting posture.
- Eliminate tension to reduce fatigue.
- The impact of new technologies.

Exercise

Detect tensions and eliminate them.

5 Prevent musculoskeletal disorders

- Identify the most common signs.
- Act with less effort and more efficiency.
- Prevent visual disorders.

Exercise

Softening of joints.

6 Managing stress

- Understanding stress and its impact on health.
- Identify stress factors and your profile.
- Saying no.

Exercise

Anchoring, mobility and breathing exercises. Role-playing to learn how to say no effectively.

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.

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 to review your request and its feasibility.

7 Tame my emotions

- Recognize my emotions and give them meaning.
- Express emotions appropriately.

Role-playing

Identify situations where emotions generate stress. Channel and express them appropriately.

8 Adopt a positive, confident attitude

- Identify the impact of positive thoughts.
- Cultivate positive thoughts.
- Build self-confidence.

Exercise

Actor training exercises to boost self-confidence.