

# E-LEARNING NEW ORIGINAL COURSES IN ERGONOMICS

<https://danielacolombini-corsionline-epmies.thinkific.com>

## THE PREVENTION AND MANAGEMENT OF THE BIOMECHANICAL OVERLOAD RISK FOR UPPER LIMBS AND SPINE

E-Learning Courses prepared by Daniela Colombini-President of EPMIES



### A FORMATIVE BASIC TRAINING ON BIOMECHANICAL OVERLOAD

This preliminary basic training path ( in English) is dedicated to the study of the work related biomechanical overload that represents the first occupational risk in the world. The evaluation of exposure risk is made according to the most recent ISO Standards and Technical Reports.

### CONTENT OF THE BASIC TRAINING: 3 COURSES

This formative path has 3 courses on the study of exposure assessment :1) for upper limbs (OCRA checklist); 2) for spine (NIOSH- RNLE lifting index); 3) for pre-mapping all the major occupational discomforts with indications on the intervention priorities: ERGOCHECK,



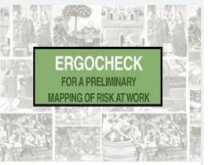
### COURSE STRUCTURE

The courses are all structured with 50% theoretical and 50% application part (exercises). The courses include many videos illustrating working realities, taken as a basis for risk assessment. The risk evaluation is performed by means of free downloadable spreadsheet in excel specifically prepared. The courses conform with the didactic criteria of EPMIES association(Ergonomics of Postures and Movement, International Ergonomics School)

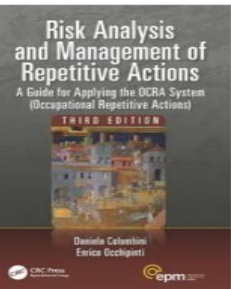
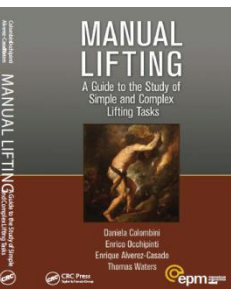
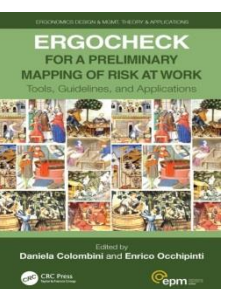
### GOALS AND USERS

The main goal is to transfer knowledge and skill for management of occupational biomechanical overload risk, in compliance with international Standards. It is dedicated to different professional figures (also not expert in ergonomics) like company technicians, occupational medical doctors, occupational physiotherapist, security technicians, etc.

### THE 3 E-LEARNING COURSES IN ENGLISH

 <p>OCRA Checklist for the evaluation of upper limbs biomechanical overload Daniela Colombini</p>	 <p>MANUAL LIFTING evaluation: a guide for simple and complex tasks (by updated "NIOSH... Daniela Colombini</p>	 <p>ERGOCHECK FOR A PRELIMINARY MAPPING OF RISK AT WORK Daniela Colombini</p>
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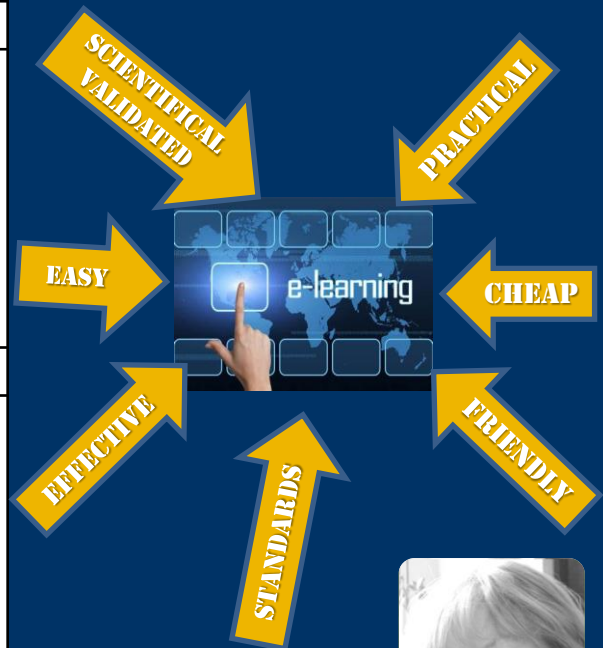
### THE 3 SPECIFIC BOOKS ( By D.Colombini and E. Occhipinti)

 <p>Risk Analysis and Management of Repetitive Actions A Guide for Applying the OCRA System (Occupational Repetitive Actions) THIRD EDITION Daniela Colombini Enrico Occhipinti</p>	 <p>MANUAL LIFTING A Guide to the Study of Simple and Complex Lifting Tasks Daniela Colombini Enrico Occhipinti Enrico Alessandretti Thomas Waters</p>	 <p>ERGOCHECK FOR A PRELIMINARY MAPPING OF RISK AT WORK Tools, Guidelines, and Applications Edited by Daniela Colombini and Enrico Occhipinti</p>
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SPECIFIC SPREAD SHEETS IN EXCEL, for each course are free downloadable from [www.epmresearch.org/software/](http://www.epmresearch.org/software/)

- Duration of each course (including exercises) from 8 to 12 hours
- Price cost: 160 US\$ for 90 days enrolments for each course + VAT if due
- It is possible to obtain certification for an additional price trough tests.

FOR ADDITIONAL INFORMATION write to: [epmies.corsionline@gmail.com](mailto:epmies.corsionline@gmail.com)



Lecturer: Daniela Colombini



To view the contents of the courses more analytically, before purchasing, enter: <https://danielacolombini-corsionline-epmies.thinkific.com>