

# Musculoskeletal Disorders

## Introduction

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The "Musculoskeletal Disorders" training course was developed by a team of professionals who wanted to improve efficiency measures and respect for occupational health and safety standards. This 60-minute training course can be taken at any time.

## Description

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Nearly one in four workers, or about 25% of workers, suffer from a work-related nontraumatic MSD. The purpose of this training course is to make you aware of the different possible means of prevention and to be able to identify risk factors within the company.

## Target Population

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This training course is intended for all workers in various sectors where musculoskeletal disorders are indeed present within the company.

## Prerequisites

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There is no prerequisite for this training course. No other training or experience is required to take this training.

## Targeted Learning and Targets of Learning Modules

<b>Module 1</b>	<b>Introduction</b>
<b>Module 2</b>	<b>Musculoskeletal Disorders (1 of 2)</b>
	<ul style="list-style-type: none"> <li>› Definition</li> <li>› Back</li> </ul>
<b>Module 3</b>	<b>Musculoskeletal Disorders (2 of 2)</b>
	<ul style="list-style-type: none"> <li>› Upper limbs</li> <li>› Lower limbs</li> </ul>
<b>Module 4</b>	<b>Effects on Health</b>
	<ul style="list-style-type: none"> <li>› Signs and symptoms</li> <li>› Compensating postures</li> <li>› Development and evolution of MSDs</li> </ul>
<b>Module 5</b>	<b>Risk Factors (1 of 2)</b>
	<ul style="list-style-type: none"> <li>› Definitions</li> <li>› Awkward postures</li> <li>› Exertion</li> </ul>
<b>Module 6</b>	<b>Risk Factors (2 of 2)</b>
	<ul style="list-style-type: none"> <li>› Static work</li> <li>› Mechanical pressure</li> <li>› Vibration</li> <li>› Mechanical shocks</li> <li>› Cold</li> </ul>

Module 7	<b>Preventive Measures (1 of 2)</b>
	<ul style="list-style-type: none"><li>› Adjust the height of the work surface</li><li>› Set up the workstation</li><li>› Choose the storage height according to the material</li></ul>
Module 8	<b>Preventive Measures (2 of 2)</b>
	<ul style="list-style-type: none"><li>› Use handling techniques</li><li>› Vary the task</li><li>› Choose the right tool</li><li>› Optimize lightning</li></ul>
Module 9	<b>Conclusion</b>

## Evaluation Method of Learning

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The development of the targeted competencies will be evaluated so as to ensure full understanding after each of the modules. To proceed to the next module, it is necessary to correctly answer all the questions of the module in progress. In the event of failure, you will have to take this module again. A series of questions in the form of true or false or multiple choice will be asked throughout the different modules. The success threshold is 100%.



### Note on integrity, plagiarism and fraud

Given the seriousness of the approach and given the importance of the knowledge gained through this training course, the team of OHStraining Inc. encourages you to respect the integrity of the training and its quizzes and suggests that you answer to the best of your knowledge, that is, without help and without plagiarism.

## Teaching and Learning Method

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This training course was created based on the skills training approach. This notion promotes not only the acquisition of knowledge, but also the integration of knowledge in practice. The learning method for this course is online training and focuses on interactivity, dynamism and self-learning. The training will be done at the pace of the learner and according to his/her availability.