Occupational health and safety

Manual Handling, Postures, MSDs and Ergonomics

One day to reduce musculoskeletal disorders where they start: at the workstation. Participants understand how back, shoulder and wrist pain develops, apply the principles of manual handling and effort economy, then analyse with the trainer real workstations of your site, observed or filmed, to propose simple improvements.

Duration : 1 day

Objectives

1. Explain how the back and joints work and the mechanisms by which MSDs appear
2. Identify the risk factors of a workstation: repetition, force, postures, vibration, cold, work organisation
3. Apply the principles of physical safety and effort economy in manual handling
4. Analyse a workstation of your site and propose technical and organisational improvements
5. Use properly the handling aids available on the site

Programme

Day 1 — morning

• MSDs in industry and logistics: frequent locations, human and economic consequences, link with absenteeism

• Useful anatomy: spine, discs, muscles, tendons, joints of the upper limb

• Biomechanical, organisational and psychosocial factors; the role of cold and vibration

• Handling principles: approaching the load, grip, lifting with bent legs, moving, setting down

Day 1 — afternoon (workshop)

• Handling exercises with the loads and containers of your site: crates, boxes, bags, cartons

• Observation of real workstations: pace, working heights, reach zones, tools

• Improvement ideas: workstation layout, mechanical aids, rotation, breaks, warm-up at the start of a shift

• Presentation of the proposals to supervisors and knowledge test

Teaching methods

• Short inputs illustrated with factory and warehouse situations

• Handling exercises on your own loads and containers

• Analysis of workstations observed or filmed on your site, in small groups

• Delivery in French or Darija for operators

• Final quiz on good movements and risk factors

Assessment and documents

Knowledge test and a practical handling exercise observed by the trainer, plus a day+1 learner feedback survey. Numbered training certificate, verifiable online, for each participant; training report given to the company with the improvement ideas noted on the workstations observed.

Bilingual materials for every participant; each classroom course comes with its digital twin on OmniLearn.

Good to know

To include MSDs in your site's risk assessment, see the course "Occupational Risk Assessment". Risks linked to stress and work organisation are covered in "Psychosocial Risks".

Practical information

Duration	1 day
Audience	Production and packing operators, handlers, order pickers, front-line supervisors, HSE coordinators
Prerequisites	No prerequisites
Group size	Groups of 6 to 12 participants, in-company
Format	In-company, face to face on your site
Language	French, Darija or English; bilingual materials
Funding	OFPPT special training contracts (TFP), GIAC, Maroc PME: we prepare the applications with you, at no extra cost.
Programme customisation	Programme adapted to your procedures, your equipment and your audience

Frequently asked questions

Is this course only for handling staff?

No. It concerns all exposed jobs: line operators, order pickers, storekeepers, packing staff, screen workers. Involving supervisors and the methods department helps the proposed improvements go through.

Is the course enough to bring MSDs down?

Good movements do not make up for a poorly designed workstation. That is why the afternoon is devoted to analysing your workstations: the improvement ideas appear in the training report and can feed into your prevention plan.

Can the session be adapted to a cold environment?

Yes. In cutting rooms, seafood packing or cold stores, cold worsens the risk of MSDs. The exercises and workstation analysis take it into account, along with the clothing and equipment worn.

What is the difference with "Safety Culture, Behaviours and PPE Use"?

That other course deals with applying safety rules in general. This one deals specifically with the physical load of work and workstation ergonomics.