



ORGANISATIONAL AND PSYCHOSOCIAL FACTORS AND DEVELOPMENT OF UPPER LIMBS DISORDERS (ULD_s) PS/10/18

ADDENDUM: DEVELOPMENT OF TRAINING VIDEO

As evoked in the conclusions of the report of the main study, the collective prevention actions must be accompanied by training programs of the workers with the aim of making them able to recognize the risks incurred and to teach them the strategies to implement in order to reduce these risks at the individual level.

The objective of this research action was to develop and validate a training method aimed to:

- provide the workers with information concerning ULDs and good work practices;
- make them conscious of their implication in the management of this problem;
- teach them how to adapt their movements and adopt new behaviours so as to prevent ULDs to occur.

The main training tool is a videocassette specific to the workplace. On the basis of a thorough study of the workplace and of video recordings of various workers, a videocassette is prepared in order to illustrate the good and bad work habits concerning postures, movements and operations.

This cassette is integrated in a more comprehensive training program with a theoretical introduction on ULDs and a general discussion of the problems.

Three workplaces accepted to participate to this study:

- The inspection and packaging of catalytic converters: 18 operators
- Assembly of electronic parts: 10 operators
- The "shoppers" in a distribution centre for cosmetic products: 9 operators.

In order to assess the effectiveness of the intervention, we carried out a short-term evaluation of the principles, facts and techniques by means of a questionnaire before the training session and one month later.

The results show that the training is fruitful in the short-term (the scores, after the training are 70 to 75% of good answers instead of 30 to 40% before the training). They do not give any information concerning the changes of behaviours for the reduction in the prevalence of ULDs. The pursue of this work towards a longer-term evaluation would be desirable.

The objectives of the project have been achieved: a methodology for training about ULDs and good work practices was developed and its impact on the knowledge of the participants was evaluated.

Key words: ULD-Trainig-Prevention-Video-Movements