

# Musculo-skeletal disorders

🕒 Duration : 60min

FRENCH

ENGLISH

SPANISH

Musculo-skeletal disorders « MSDs » are one of the main causes of compensation in Quebec. According to the Quebec Population Health Survey conducted in 2014-2015, one in four Quebec workers, or 25%, suffer from non-traumatic work-related MSDs.

The purpose of this training is to make you aware of the different possible means of prevention and to be able to identify risk factors within the company.

## 🎯 Target audience

She is intended for all workers in various sectors where musculo-skeletal disorders are indeed present within the company.

## ☰ Teaching and evaluation methods

The learning method for this online training is based on interactivity, dynamism and self-learning. The training will be done at the pace of the learner and according to his/her availability. Your understanding and skills will be evaluated at the end of each module.

You'll need to correctly answer all the questions in the current module, which will be presented in « true or false » or « multiple choice » questions to continue your progress. If you fail, you'll have to repeat the module.



## 🔑 Legal notice

There are no legal notice associated with this training. No other training or experience is required.

## ⚖️ Intellectual integrity

Given the seriousness of the approach and the importance of the knowledge acquired through this training, the team of SSTenligne invites you to respect the integrity of the training and its questionnaires.

We suggests you answer to the best of your knowledge, that is, without help and without plagiarism.

# Targeted learning

## Musculo-skeletal disorders

<b>Module 1</b>	<b>Introduction</b>
<b>Module 2</b>	<b>Musculo-skeletal disorders - Part 1</b>
	<ul style="list-style-type: none"><li>- Defintion</li><li>- Back</li></ul>
<b>Module 3</b>	<b>Musculo-skeletal disorders - Part 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 of MSDs</li><li>- Evolution of MSDs</li></ul>
<b>Module 5</b>	<b>Risk factors - Part 1</b>
	<ul style="list-style-type: none"><li>- Awkward postures</li><li>- Exertion</li></ul>



# Targeted learning

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Module 6	<b>Risk factors - Part 2</b>
	<ul style="list-style-type: none"><li>- Repetition</li><li>- Static work</li><li>- Mechanical pressure</li><li>- Vibration</li><li>- Mechanical shocks</li><li>- Cold</li></ul>
Module 7	<b>Preventive measures - Part 1</b>
	<ul style="list-style-type: none"><li>- Choose a neutral position</li><li>- Adjust the height of the work surface</li><li>- Set up the workstation</li><li>- Choose the storage height</li></ul>
Module 8	<b>Preventive measures - Part 2</b>
	<ul style="list-style-type: none"><li>- Plan load handling</li><li>- Use handling techniques</li><li>- Vary the task</li><li>- Choose the right tool</li><li>- Optimize lighting</li></ul>
Module 9	<b>Conclusion</b>

