

3.00 credits

30.0 h

Q2

Teacher(s)	. SOMEBODY ;Schepens Bénédicte ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Notions of workload and underlying concepts Physical load - Physiology of effort : cardiovascular and muscular aspects - Basic concepts of biomechanics as applied to the spinal column and upper limbs - Musculoskeletal problems of the vertebral column : pathogenic mechanisms, epidemiology, risk factors and assessment methods in the workplace - RSI in the upper limbs (tendonitis, carpal canal syndrome) - How to encourage companies to adopt policies which combine prevention with looking after these problems? Mental and psychological load : Nyssen, A S and Etienne, A M Psychosocial load : covered by Hansez, I and Leroy, J F in GRBE2004
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>1 To enable students to understand the concepts underlying the notion of workload (relationship between performance and capacity, constraints, obligations and perceived load etc.). For each of these areas, to identify the mechanisms by which the workload can, in the short and medium term, have an impact on fatigue, performance or health. By the end of the module, students will be familiar with various assessment methods which can be used in the workplace and will be able to prioritize them appropriately in the context of a risk assessment.</p>
Evaluation methods	Written exam
Teaching methods	Lectures
Content	<p>To enable students to understand the concepts underlying the notion of workload (relationship between performance and capacity, constraints, obligations and perceived load, etc.). For each of these areas, to identify the mechanisms by which the workload can, in the short and medium term, have an impact on fatigue, performance or health. By the end of the module, students will be familiar with various assessment methods which can be used in the workplace and will be able to prioritize them appropriately in the context of a risk assessment.</p> <p>Course description (main themes):</p> <p>Notions of workload and underlying concepts. Physical load - Physiology of effort : cardiovascular and muscular aspects - Basic concepts of biomechanics as applied to the spinal column and upper limbs - Musculoskeletal problems of the vertebral column : pathogenic mechanisms, epidemiology, risk factors and assessment methods in the workplace - RSI in the upper limbs (tendonitis, carpal canal syndrome) - How to encourage companies to adopt policies which combine prevention with looking after these problems?</p>
Inline resources	cf. Moodle
Bibliography	cf. Moodle
Faculty or entity in charge	PSP

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Advanced Master in Risk Management and Well-Being in the Workplace	GRB2MC	3		