

Health risk factors for operations with manual loads handling. (NOM-036-1-STPS-2018).

Duration	1 day
Target group	Managers, Chiefs, Supervisors of Safety or Operational in processes where it do manual loads handling, operators and workers who perform work in operations with manual loads handling, static positions and repetitive movements that compromise their health are performed.
Prerequisites	Safety and health in the work basic course. Computer
Objective	<p>Upon completion of the course the delegate will be able to:</p> <p>Identify the hazards associated with operations with manual loads handling.</p> <p>Evaluate the risks associated with tasks with manual loads handling or factors related to health risks.</p> <p>Recognize preventive measures, tools and their correct use, and as the PPE to protect the worker from these risks.</p> <p>Keep track and control of tasks and workers involved in operations with manual loads handling.</p>
Contents	<p>The following topics will be covered during the course:</p> <p>Introduction</p> <p>Definitions</p> <p>Background.</p> <p>Regulatory framework 2020, NOM-036-1-STPS-2018.</p> <p>Risk identification in jobs with manual movement of loads.</p> <p>Simple note.</p> <p>Specific note.</p> <p>Prevention measures.</p> <p>Safety measures in lifting and transport.</p> <p>Raise and lower.</p> <p>Push and pull.</p> <p>Administrative Measures</p> <p>Job rotation.</p> <p>Set rest times.</p> <p>Development and Training.</p> <p>Medical measures.</p> <p>Skills evaluation.</p> <p>Medical surveillance program.</p> <p>Report Integration</p> <p>Administrative</p> <p>Medical.</p>
Exam	Digital examn