

# Acquiring the right reflexes and postures

*Ghislaine Bottero  
offers tailor-made training to prevent  
musculoskeletal disorders linked  
to physical activity in administrative positions*



**Improving health & safety at work**

**The Bottero® method, the path to good movement**

# The addition of the three elements

## Reflex activity

(spontaneous response of the body)

## + Motor activity

(I decide to make a movement)

## + Breathing

(necessary for good movement)

## = Bottero<sup>®</sup> method

**Public:** Anyone wishing to improve their working conditions.

### Objectives:

- Improve your activity within the company.
- Identify risk factors, protect your health capital.

### Proposed teaching method:

- Participatory teaching on workstations.
- Notions of anatomy and biomechanics applied to real work situations throughout the training.

**Various technical tools :** Herniated disc simulator, skeleton, etc.

**Duration:** One day or depending on demand.

### Training assessment methods:

- Individual sheet, end-of-training assessment.



# One day of training

*Physical preparation before exercise: breathe well, save your strength and your efforts.*

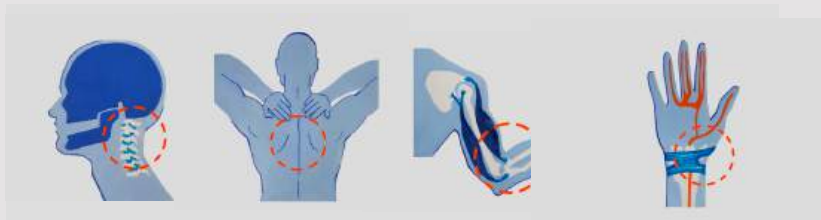
- 
- A stylized illustration of a person sitting at a workstation, viewed from the side. The person is wearing a blue long-sleeved shirt and dark pants. They are seated in a blue office chair. In front of them is a desk with a computer monitor and a keyboard. The illustration includes several ergonomic tips with red arrows and text boxes:
- Adjust the intensity and contrast of the screen according to the ambient light.
  - Have lighting directed downwards or upwards
  - Leave the fold of the thigh and the back of the knees open.
  - Place your feet flat on the floor or on a footrest.
  - Align your head on your sacrum.
  - Have your back supported
- A red double-headed arrow indicates a 30-degree angle between the horizontal line of the desk and the line of sight to the monitor. A dashed vertical line represents the spine, and a red arrow points to the back of the chair, indicating it should be supported. Another red arrow points to the knee area, indicating it should be open.

### Tips

- To soothe your eyes: Rub your hands vigorously together and place them on them, the heat will relax them.
- Alternate between static and standing postures.

# What is a good movement?

*It tries to take into account all  
body functions.*



## Taking into account your well-being at work means:

- Preventing musculoskeletal disorders.
- Employee happiness, team cohesion.
- Better productivity.
- Reducing sick leave, work accidents.
- Better daily habits...

## Ghislaine Bottero

*A corporate trainer (SNCF, L'Oréal, EDF and Legrand), her practice in the field and her collaboration with the medical community have led her to create an original method for managing technical gestures at work.*

The Bottero® Method is a trademark registered with the INPI (National Institution of Industrial Property) protected under number 3751404, filed on July 5, 2010.

## Contact

06 07 10 84 99

ghislaine.bottero@gmail.com • [www.methode-bottero.fr](http://www.methode-bottero.fr)