

Training on gestures and postures in companies



Improve health & safety at work

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® method



The Bottero® method, the path to the right movement

Public: Public: All employees having a physical activity within their work (handling, carrying loads, repetitive gestures...).

Prerequisites: Present the medical skills required for carrying loads and be 18 years old.

Objectives: Reduce professional risks, avoid accidents.

- Adopt good practices and gestures appropriate to the task to be performed.
- Improve your habits within the company.
- Adopt the principles of saving effort and physical safety.
- Protect the individual and the group.

Teaching methods offered throughout the day:

- Application of theoretical concepts to the practice of the profession.
- Practical exercises and corrections at the workstation.

Training day

It allows you to observe, become aware of your bad habits, adopt good practices for gestures and professions and consider the body as a whole.



Public: 12 maximum

Duration: one day or more depending on demand.

Tools: skeleton, herniated disc simulator, film, video.



Course of a typical day: respect the needs and constraints of the company.

Physical preparation before the effort: rebalance your body and apply the basics of saving effort and strength.

In the field or at the workstation: correct gestures and postures while practicing the profession. Acquire the basics of health and safety at work.



At the end of the day: return the good practices acquired during the training, stretching, personalized advice, etc.

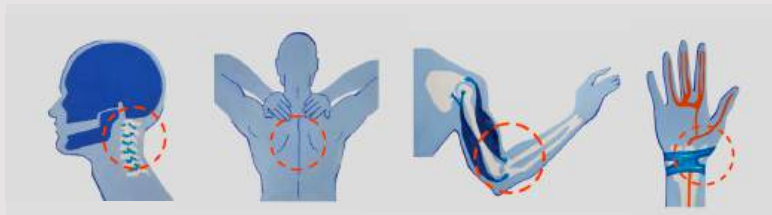
Training assessment method: assessment questionnaire, assessment, training certificate.



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

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.

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