

Nella presente scheda sono riportati i diversi moduli che, opportunamente combinati, costituiscono il corso di aggiornamento per i Dirigenti valido per tutte le classi di rischio.

La scheda è individuale e deve essere compilata separatamente per ciascun partecipante, in modo da garantire ad ognuno un percorso formativo lineare e coerente con la mansione svolta.

Si richiede pertanto di selezionare gli argomenti ritenuti maggiormente pertinenti rispetto all'attività lavorativa dell'iscritto e ai rischi ad essa correlati, fino al raggiungimento di un monte ore complessivo pari a 6 ore.

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|----------------------|-----------------------------|
| NOME/I _____ | COGNOME _____ |
| CODICE FISCALE _____ | PROFILO PROFESSIONALE _____ |

| | DURATA | TITOLO E ARGOMENTI |
|--------------------------|--------|--------------------------------------------------------------------|
| <input type="checkbox"/> | 1h | ADDICTION: ALCOHOL, DRUGS AND GAMBLING |
| <input type="checkbox"/> | 1h | BIOLOGICAL RISK: ESCHERICHIA COLI, WINGED ANIMAL GUANO, LEGIONELLA |
| <input type="checkbox"/> | 1h | ERGONOMICS IN THE AGE OF ROBOTS |
| <input type="checkbox"/> | 1h | HUMAN PERCEPTION OF RISK |
| <input type="checkbox"/> | 1h | INFORMATION OVERLOAD |
| <input type="checkbox"/> | 2h | PERSONAL PROTECTIVE EQUIPMENT |
| <input type="checkbox"/> | 1h | POSTURE AND SPINAL HYGENE |
| <input type="checkbox"/> | 2h | PPE |
| <input type="checkbox"/> | 1h | RISK OF INJURY |
| <input type="checkbox"/> | 1h | SMART WORKING |
| <input type="checkbox"/> | 2h | SMART WORKING |
| <input type="checkbox"/> | 1h | THE MANAGEMENT OF TIME |
| <input type="checkbox"/> | 1h | VIDEOTERMINAL |



Nelle pagine seguenti vengono brevemente presentati gli argomenti trattati in ciascun modulo.

ARGOMENTI

ADDICTION: ALCOHOL, DRUGS AND GAMBLING |1h

- **Alcohol:** Alcoholic Beverages Alcohol and Work Legislative Decree 81/08 Blood Alcohol
 - **Narcotics:** Drugs Types of Drugs Addicted Workers Conservative Caution Measuring Consumption of Drugs
 - **Compulsive Gambling:** Gambling Types of Players Preventative Strategies
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BIOLOGICAL RISK: ESCHERICHIA COLI, WINGED ANIMAL GUANO, LEGIONELLA |1h

- **Biological agents:** Micro-organisms Biological agents in Legislative Decree no. 81/2008
 - **Specific biological risks:** Escherichia coli, winged animal guano, Legionella Escherichia coli Winged animal guano Legionella
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ERGONOMICS IN THE AGE OF ROBOTS |1h

- **Ergonomics, from the Fordist Factory to the Robot:** Ergonomics, from the Fordist Factory to the Robot The User Experience
 - **The New Industrial Revolution:** The New Industrial Revolution Infrastructure is an Algorithm The Dualism of the Production System
 - **Humans and Robots:** Hazards in the Industrial Workplace Robot Fatality The Blockchain The Exoskeletons The Internet of Things Organisational Risks Hyperconnectivity
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HUMAN PERCEPTION OF RISK |1h

- **Human perception of risk:** The representation of reality Perception Memory The perception of risk Inclination towards risk-taking Human error Heuristics
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INFORMATION OVERLOAD |1h

- **The era we are in** Falling into the Net A Comparison of Digital Cultures The InfoSphere The Fourth Revolution Hyperhistory Digital Ethics
 - **From the need to the desire for information** Too much news is bad news! Mental Training – A Healthy News Diet
 - **Too much information, too many decisions** The Effect of Too Much Information When the Mind CRASHES Working in the Digital Era Digital Detox and the Right to Disconnect It's No Longer About "Knowing How to Fiddle Around on the Computer" Multitasking, Flow and Happiness Mindfulness and "Hurry It's Late"
 - **A Life Online: Strategies for Being Happy** Less Is More Mental Training # 1 – A HEALTHY NEWS DIET Mental Training # 2 – E-MAIL Mental Training # 3 – SOCIAL NETWORKS Mental Training # 4 – TAKING BACK CONTROL OF THE RUDDER Mental Training # 5 – DON'T DO NOW THAT WHICH YOU CAN DO LATER Mental Training # 6 – CREATE YOUR MINDFUL SPACE INSIDE AND OUT
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PERSONAL PROTECTIVE EQUIPMENT | 2h

- **Requirements of PPE:** PPE and CPE The 3 Categories of PPE Classifications CE Certification Procedures PPE and Ergonomics Selection and Expiry of PPE
 - **Types of PPE part I:** Types of Protection Provided by PPE Protection of the Head, Hearing, Eyes and Face, Respiratory System, Hands and Arms
 - **Types of PPE part II:** Types of Protection Provided by PPE Protection of the Feet and Legs, Skin, Torso and Abdomen, Whole Body Protective Clothing
 - **Category III PPE:** Category III PPE and Training Inventory of Risks
 - **Regulatory Obligations:** Obligations for Employers, Managers, Supervisors, and Workers
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POSTURE AND SPINAL HYGENE | 1h

- **Getting to know the spinal column:** The back school Vertebral pain The spine and its functions
 - **Postural Education:** Postural education antalgic exercises Posture and VDT Postural education in standing position Cervicalgia and postural education
 - **Breathing and relaxation techniques:** Anxiety Chronic stress Relaxation
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PPE | 2h

- **Introduction** Introduction of the Course
 - **Requirements of PPE** PPE and CPE The 3 Categories of PPE Classifications CE Certification Procedures PPE and Ergonomics Selection and Expiry of PPE
 - **Types of PPE part I** Types of Protection Provided by PPE Protection of the Head, Hearing, Eyes and Face, Respiratory System, Hands and Arms
 - **Types of PPE part II** Types of Protection Provided by PPE Protection of the Feet and Legs, Skin, Torso and Abdomen, Whole Body Protective Clothing
 - **Category III PPE** Category III PPE and Training Inventory of Risks
 - **Regulatory Obligations** Obligations for Employers, Managers, Supervisors, and Workers
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RISK OF INJURY | 1h

- **Risk of injury** General mechanical risks Machines Falls from heights
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SMART WORKING| 1h

- **In principio fu il telelavoro**
 - **Il lavoro agile:** Caratteristiche e legislazione - COVID-19: un'opportunità di sviluppo - La postazione di lavoro in Smart Working
 - **Smart worker Smart working:** un modo diverso di percepire il lavoro - I benefici dello smart working - I "contro" dello smart working - Aspetti applicativi dello smart working - Essere uno smart worker - Salute e sicurezza in smart working - Smart working e infortuni
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SMART WORKING | 2h

- **In principio fu il telelavoro**
 - **Il lavoro agile:** Caratteristiche e legislazione - COVID-19: un'opportunità di sviluppo - La postazione di lavoro in Smart Working
 - **Esempi di accordi:** Dal telelavoro allo smart working - Accordo n.1 - tour operator - Accordo n.2 - industria farmaceutica - Accordo n.3 - azienda it - Accordo n.4 - industria farmaceutica estera
 - **Dalla fabbrica al mobile worker:** Smart working: un nuovo modello di cultura organizzativa - Nuove modalità di intendere il rapporto di lavoro - Dentro la rivoluzione digitale - Una sfida per l'ergonomia - Vantaggi dello smart working - I "contro" dello smart working - Mobile workers - Lavoro e vita privata: dov'è il confine? - Smart working e infortuni - La percezione del rischio - L'iperconnettività - Tecnostress - Fear of missing out - Il rischio di phubbing - Uomini e robot - Diritto alla disconnessione
 - **Avvio allo smart working:** Politiche di conciliazione vita-lavoro - Sperimentare lo smart working in azienda - Aspetti normativi e soluzioni organizzative
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THE MANAGEMENT OF TIME | 1h

- **Time Time, How to Manage It Paradoxes About the Management of Time The Management of Time Practical Advice in the Time Management**
 - **Time Management Tools Change the Point of View Programming Simplicity Tools for Time Management**
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VIDEOTERMINAL | 1h

- **Ambiente di lavoro:** Ambiente di lavoro - Obbligo del datore di lavoro - Sicurezza di elementi strutturali e arredi - La corretta gestione dell'ambiente di lavoro - Le attrezzature di lavoro
 - **Videoterminali:** Normativa e definizioni - Il lavoratore - Il posto di lavoro - Schermo - Sedile di lavoro - Piano di lavoro - Attrezzature
 - **Patologie d'ufficio:** Principali patologie - Disturbi oculo-visivi - Esercizi oculari - Disturbi muscolo scheletrici - Rischi in ufficio - Rischio posturale - Buone prassi - Sindrome del tunnel carpale - Tendinite e tenosinovite - Cervicalgia - Cervicobrachialgia - Esercizi posturali
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