

Risks Prevention related to physical activity and ergonomics at the SNCF rolling stocks

The physical behaviour of the workers is one of the root causes for 2/3 accidents at work. The National Institute for research and safety has implemented an approach in the prevention of the risks associated with physical activity that provides avenues for improvement in respect of organisational, technical and human to situations of work already established - or future - with a physical activity involving significant efforts, either manual handling or manual work, travel with or without load ports, repetitive gestures or strained or awkward postures...

The national ergonomist of SNCF rolling stock run/manage and pilot the approach to decline within each rolling stock business unit.

We redesigned the training of trainers for risk prevention related to physical activity and workers training in order to become actors of their own prevention and of their colleagues regarding the risks associated with physical activity.

Because there are various activities within the business units, a modular and evolutionary training tool was created to enable to maintain consistency in the network of trainers, but with the possibility to adjust the training objectives.

An analysis of the working situation became the common thread of this training. The agents therefore learn to describe their activity to identify the risky situations, to analyse them and provide possible solutions.

At the same time, the ergonomics pole of the rolling stocks direction implemented a training destined to methods engineers on the project management and ergonomics, as well as training for engineers.

The analysis grid is also used as a common thread during these two trainings with more substantial content in ergonomics. We use the same evolutionary and modular training tool. The analysis grid is currently being computerized in order to facilitate its use and the sharing of data with all the actors involved in the approach (workers, proximity managers, trainers in risks prevention associated with physical activity, engineering methods, security advisors, occupational doctors, ergonomists....

The overall objective beyond trainings is to implement a global approach taking into account ergonomics and risk prevention (with a focus on the risks associated with physical activity) at different levels of maintenance of rolling stock. Engineers design changes on the rolling stock orders, methods engineers are industrializing and improving maintenance of rolling stock, works carry out the maintenance.

Trainers are training the workers and participate in the analysis of the working situations.

The ergonomic pole e and FOH (organizational human factors) of the rolling stocks direction performs ergonomic interventions in business units, and at national level , also accompanied the PRAP (Risks Prevention in relation with professional activities) trainers, design offices engineers and methods engineers.

This process allows to establish and to push forward a training and accompaniment system (learning by acts) of business units to improve the health and safety at work.