
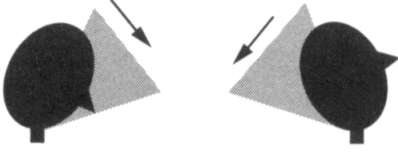

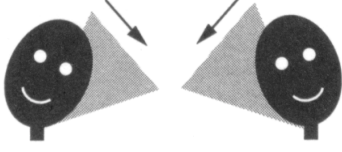

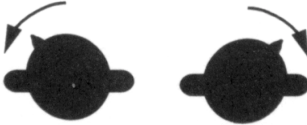


# ERGOROM - Prévention: Analyse, Quantification

## FICHE D'OBSERVATION -NUQUE-

| CLASSIFICATION DE POSTURES   |   |
|--|---|
| <b>FLEXION/EXTENSION</b>   |   |
| neutre (0 à 40° de flexion)<br> | flexion franche (> 40°) ou extension<br>        |
| <b>FLEXION LATÉRALE</b>  |   |
| neutre (<10°)<br>               | flexion latérale visible (gauche ou droite)<br> |
| <b>ROTATION</b>  |   |
| neutre (<10°)<br>              | rotation visible (gauche ou droite)<br>        |
| <b>1</b>   | <b>2</b>  |

| NIVEAU D'EFFORT : ECHELLE DE BORG |     |             |   |        |   |       |   |      |   |           |    |                  |
|-----------------------------------|-----|-------------|---|--------|---|-------|---|------|---|-----------|----|------------------|
| 0                                 | 0,5 | 1           | 2 | 3      | 4 | 5     | 6 | 7    | 8 | 9         | 10 |                  |
| Rien du tout                      |     | Très faible |   | Faible |   | Moyen |   | Fort |   | Très fort |    | Extrêmement fort |

# ERGOROM - Prévention: Analyse, Quantification

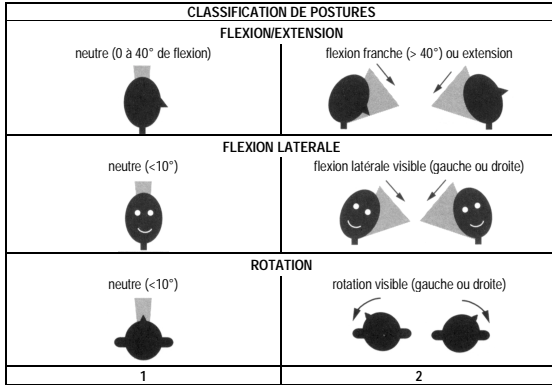
- NUQUE -

Date et heure de la vidéo:

Poste de travail:

Nom ou numéro du sujet:

Niveau d'effort de l'activité (Borg):



| Obs. N° | POSTURE   |            |          |
|---------|-----------|------------|----------|
|         | Flex/ext. | Flex. lat. | Rotation |
| 1       |           |            |          |
| 2       |           |            |          |
| 3       |           |            |          |
| 4       |           |            |          |
| 5       |           |            |          |
| 6       |           |            |          |
| 7       |           |            |          |
| 8       |           |            |          |
| 9       |           |            |          |
| 10      |           |            |          |
| 11      |           |            |          |
| 12      |           |            |          |
| 13      |           |            |          |
| 14      |           |            |          |
| 15      |           |            |          |
| 16      |           |            |          |
| 17      |           |            |          |
| 18      |           |            |          |
| 19      |           |            |          |
| 20      |           |            |          |
| 21      |           |            |          |
| 22      |           |            |          |
| 23      |           |            |          |
| 24      |           |            |          |
| 25      |           |            |          |
| 26      |           |            |          |
| 27      |           |            |          |
| 28      |           |            |          |
| 29      |           |            |          |
| 30      |           |            |          |
| 31      |           |            |          |
| 32      |           |            |          |
| 33      |           |            |          |

| Obs. N° | POSTURE   |            |          |
|---------|-----------|------------|----------|
|         | Flex/ext. | Flex. lat. | Rotation |
| 34      |           |            |          |
| 35      |           |            |          |
| 36      |           |            |          |
| 37      |           |            |          |
| 38      |           |            |          |
| 39      |           |            |          |
| 40      |           |            |          |
| 41      |           |            |          |
| 42      |           |            |          |
| 43      |           |            |          |
| 44      |           |            |          |
| 45      |           |            |          |
| 46      |           |            |          |
| 47      |           |            |          |
| 48      |           |            |          |
| 49      |           |            |          |
| 50      |           |            |          |
| 51      |           |            |          |
| 52      |           |            |          |
| 53      |           |            |          |
| 54      |           |            |          |
| 55      |           |            |          |
| 56      |           |            |          |
| 57      |           |            |          |
| 58      |           |            |          |
| 59      |           |            |          |
| 60      |           |            |          |
| 61      |           |            |          |
| 62      |           |            |          |
| 63      |           |            |          |
| 64      |           |            |          |
| 65      |           |            |          |
| 66      |           |            |          |

| Obs. N° | POSTURE   |            |          |
|---------|-----------|------------|----------|
|         | Flex/ext. | Flex. lat. | Rotation |
| 67      |           |            |          |
| 68      |           |            |          |
| 69      |           |            |          |
| 70      |           |            |          |
| 71      |           |            |          |
| 72      |           |            |          |
| 73      |           |            |          |
| 74      |           |            |          |
| 75      |           |            |          |
| 76      |           |            |          |
| 77      |           |            |          |
| 78      |           |            |          |
| 79      |           |            |          |
| 80      |           |            |          |
| 81      |           |            |          |
| 82      |           |            |          |
| 83      |           |            |          |
| 84      |           |            |          |
| 85      |           |            |          |
| 86      |           |            |          |
| 87      |           |            |          |
| 88      |           |            |          |
| 89      |           |            |          |
| 90      |           |            |          |
| 91      |           |            |          |
| 92      |           |            |          |
| 93      |           |            |          |
| 94      |           |            |          |
| 95      |           |            |          |
| 96      |           |            |          |
| 97      |           |            |          |
| 98      |           |            |          |
| 99      |           |            |          |
| 100     |           |            |          |