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Intellectual Output 2

Training contents

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Work Package	W4	Intellectual Output	IO2
Title	Training contents		
Type of outputs/ products/ results	Report		
Delivery date	June 2020	Dissemination level	<input checked="" type="checkbox"/> Public <input type="checkbox"/> Restricted to other program participants (including Commission services and project reviewers) <input type="checkbox"/> Confidential, only for members of the consortium (including EACEA and Commission services and project reviewers)
Executive Summary			
<p>This document includes all the training contents of the pilot course developed in English. Has been included the links to the modules and sessions videos developed for the TRAIN4HCWORK pilot course.</p>			

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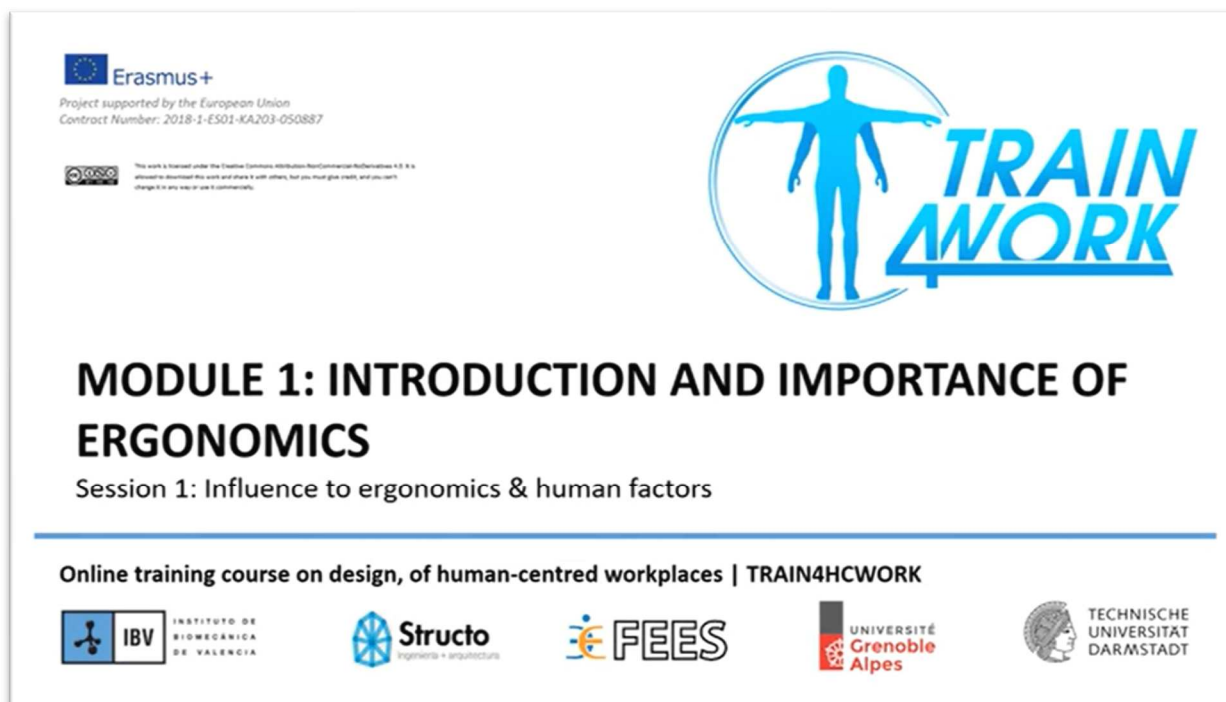
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MODULE 5: ENVIRONMENTAL CONDITIONS. SESSION 7: THERMAL COMFORT.
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1 INTRODUCTION

The pilot course of the TRAIN4HCWORK project has been developed integrating the training contents in video format for each of the modules and training sessions. The course structure has been developed following the curriculum (IO1), divided into 5 modules, each divided into thematic training sessions and those divided into different thematic videos (Figure 1). Each session has an introductory video that describes the content of each one, as well as the key ideas and the most important references.



The image shows a video title slide for the TRAIN4HCWORK project. At the top left, it features the Erasmus+ logo and text: "Erasmus+ Project supported by the European Union Contract Number: 2018-1-ES01-KA203-050887". Below this is a Creative Commons BY-NC-ND license logo and a small disclaimer: "This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 4.0 International License. You are allowed to download this work and share it with others, but you must give credit, and you can't change it in any way or use it commercially." To the right is the TRAIN4WORK logo, which consists of a blue silhouette of a human figure with arms outstretched, enclosed in a circular frame, next to the text "TRAIN4WORK" in a bold, blue, sans-serif font. The main title of the video is "MODULE 1: INTRODUCTION AND IMPORTANCE OF ERGONOMICS" in large, bold, black capital letters. Below the title is the subtitle "Session 1: Influence to ergonomics & human factors". A horizontal blue line separates the title from the footer. The footer contains the text "Online training course on design, of human-centred workplaces | TRAIN4HCWORK" and five logos: IBV (INSTITUTO DE BIOMECÁNICA DE VALENCIA), Structo (Ingeniería + arquitectura), FEES, UNIVERSITÉ Grenoble Alpes, and TECHNISCHE UNIVERSITÄT DARMSTADT.

Figure 1. Example of the first video

The following section includes links to all the videos developed for English version of the pilot course.

2 TRAINING CONTENTS

MODULE 1: Introduction and importance of ergonomics. SESSION 1: Influence to ergonomics & human factors

INTRODUCCTION

<https://youtu.be/T9kkjPIHkVE>

```
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VIDEO 1

<https://youtu.be/LbGeasnLRv8>

```
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VIDEO 2

https://youtu.be/KU9N_REcmCw

```
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VIDEO 3

<https://youtu.be/Z7RgLgoDDzk>

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VIDEO 4

<https://youtu.be/kjhVH8o9xr0>

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```

MODULE 1: Introduction and importance of ergonomics. SESSION 2: Importance of ergonomics in work design process.

INTRODUCTION

<https://youtu.be/Y5SdCZ6nCFI>

```
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VIDEO 1

<https://youtu.be/zh9jyPOVDs8>

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VIDEO 2

<https://youtu.be/8HfjNWnAdZs>

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MODULE 2: Anthropometry. SESSION 1: Definitions and concepts.

INTRODUCTION

<https://youtu.be/Cpu-XIVn4z8>

```
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VIDEO 1

<https://youtu.be/EVcunehxifo>

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VIDEO 2

<https://youtu.be/zzWet2TTRTg>

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VIDEO 3

<https://youtu.be/GU4uDm8mKUs>

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```

MODULE 2: Anthropometry. SESSION 2: Influence on the design of workplaces.

INTRODUCTION

<https://youtu.be/sQdZGt7zkrQ>

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VIDEO 1

<https://youtu.be/jaJxZnZXqI8>

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VIDEO 2

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VIDEO 3

<https://youtu.be/ErQBy2q9RAk>

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VIDEO 4

<https://youtu.be/hMY0ytMx6i4>

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```

MODULE 2: Anthropometry. SESSION 3: Analysis and measurement methods/tools.

INTRODUCTION

<https://youtu.be/VcGC9P8hSjM>

```
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VIDEO 1

https://youtu.be/8ZG_ibTnZGM

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VIDEO 2

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VIDEO 3

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VIDEO 4

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VIDEO 5

<https://youtu.be/DBrVbYaKpFk>

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MODULE 2: Anthropometry. SESSION 4: Simulation tools for the design.

INTRODUCTION

<https://youtu.be/16gPjR0wi5A>

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VIDEO 1

<https://youtu.be/hl0lpP7ncO8>

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VIDEO 2

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VIDEO 3

<https://youtu.be/A6ld6BB4AuY>

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VIDEO 4

<https://youtu.be/1SaYqt-X520>

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VIDEO 5

<https://youtu.be/X8JO12XomUg>

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VIDEO 6

<https://youtu.be/rqbbJi-GuLc>

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MODULE 2: Anthropometry. SESSION 5: Practical example.

INTRODUCTION

<https://youtu.be/nhtZBvow2fU>

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VIDEO 1

<https://youtu.be/ElitFTsvbkQ>

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VIDEO 2

<https://youtu.be/stAvdfzqolo>

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VIDEO 3

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VIDEO 4

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MODULE 3: Ergonomic analysis, assessment of physical workloads and design of work places. SESSION 1: Definitions and concepts of analysis of physical work load.

https://youtu.be/JuXuQr_GYxE

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MODULE 3: Ergonomic analysis, assessment of physical workloads and design of work places. SESSION 2: Influence on the design of workplaces (I). Ergonomic criteria. General recommendations.

INTRODUCTION

<https://youtu.be/I2VIOzkiknQ>

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VIDEO 1

<https://youtu.be/5-mXlwxafR4>

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VIDEO 2

<https://youtu.be/yhw9mKU6yKQ>

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VIDEO 3

<https://youtu.be/EOVmAbQQkpl>

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MODULE 3: Ergonomic analysis, assessment of physical workloads and design of work places. SESSION 3: Analysis of physical work load, ergonomic criteria and recommendations, design of workplaces.

<https://youtu.be/u5BJxum4F5c>

```
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MODULE 3: Ergonomic analysis, assessment of physical workloads and design of work places. SESSION 4: Methods and tools for ergonomic analysis & risk assessment related to physical workload on workplaces.

<https://youtu.be/BLTxp74hLbA>

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MODULE 3: Ergonomic analysis, assessment of physical workloads and design of work places. SESSION 5: Analysis and measurement methods and tools (II). Tools for ergonomic workloads assessment and redesign.

INTRODUCTION

https://youtu.be/_9eOL_CUuKs

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VIDEO 1

<https://youtu.be/0opAm2t1qGc>

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VIDEO 2

<https://youtu.be/PQifEI7nzAY>

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VIDEO 3

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VIDEO 4

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VIDEO 5

<https://youtu.be/st4WLgqzSHA>

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MODULE 3: Ergonomic analysis, assessment of physical workloads and design of work places. SESSION 6 : Practical examples.

INTRODUCTION

<https://youtu.be/DEOrsh3hWl8>

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VIDEO 1

<https://youtu.be/a3YAWGiraQ4>

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VIDEO 2

<https://youtu.be/RHX2tNWlONw>

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VIDEO 3

<https://youtu.be/S63fPPjrcb0>

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MODULE 4: Mental workload. SESSION 1 : Definitions and concepts.

INTRODUCTION

<https://youtu.be/66bBV3oYVEo>

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VIDEO 1

https://youtu.be/d_Zc6ZgLS74

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VIDEO 2

<https://youtu.be/zlw846-dC8c>

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VIDEO 3

https://youtu.be/Mo_QV5QgG3g

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VIDEO 4

<https://youtu.be/TjKTtg6RKFU>

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MODULE 4: Mental workload. SESSION 2: Influence on the design of workplaces and human reliability.

INTRODUCTION

<https://youtu.be/eKEvSw6J0Fw>

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VIDEO 1

<https://youtu.be/MOB5iIB8olk>

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VIDEO 2

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VIDEO 3

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VIDEO 5

<https://youtu.be/fglpBIQXYDc>

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VIDEO 6

<https://youtu.be/u6ExZIOpEXM>

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MODULE 4: Mental workload. SESSION 3: Measurements methods and simulation tools.

INTRODUCTION

<https://youtu.be/oeREtmxWjsA>

```
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VIDEO 1

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VIDEO 2

<https://youtu.be/JOFm5azel2M>

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VIDEO 3

<https://youtu.be/u4YKLmotvPA>

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VIDEO 4

<https://youtu.be/Mfg61dQ9gdM>

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VIDEO 5

<https://youtu.be/cYbxWKdHcE0>

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VIDEO 6

<https://youtu.be/WW8WxACHEfI>

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MODULE 4: Mental workload. SESSION 4: Practical examples.

INTRODUCTION

<https://youtu.be/swRfTYCpc6U>

```
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VIDEO 1

<https://youtu.be/rjNsfTTddu4>

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VIDEO 2

<https://youtu.be/RcuxsypYWZo>

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```

MODULE 5: Environmental conditions. SESSION 1 : Visual comfort. Definitions and concepts. Introduction.

INTRODUCTION

<https://youtu.be/ggS-esQw5is>

```
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VIDEO 1

<https://youtu.be/mWLyqqByoYc>

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VIDEO 2

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VIDEO 3

<https://youtu.be/V-hoEiuMRAQ>

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VIDEO 4

<https://youtu.be/CE7fnB-jVwc>

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VIDEO 5

<https://youtu.be/0tOUcGSxHAo>

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MODULE 5: Environmental conditions. SESSION 2: Visual comfort. Measurement methods and simulations tools.

INTRODUCTION

https://youtu.be/2eH_WbQKLU4

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VIDEO 1

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VIDEO 2

<https://youtu.be/USmpoFqxJQw>

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VIDEO 3

https://youtu.be/G33koo_8JOE

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MODULE 5: Environmental conditions SESSION 3: Acoustic comfort. Definitions and concepts.

INTRODUCTION

<https://youtu.be/kFv39zMGljM>

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VIDEO 1

<https://youtu.be/ykX6LYpjB-g>

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VIDEO 2

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VIDEO 3

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VIDEO 4

https://youtu.be/ij_ttL_EkOE

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MODULE 5: Environmental conditions. SESSION 4 : Acoustic comfort. Measurements methods.

INTRODUCTION

<https://youtu.be/1nLoBSKKTjw>

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VIDEO 1

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VIDEO 3

https://youtu.be/q_Yol8rOgQs

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VIDEO 4

https://youtu.be/qXp9w03PE_4

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MODULE 5: Environmental conditions. SESSION 5: Thermal comfort (I). Definitions, concepts and influence on the design of workplaces.

INTRODUCTION

<https://youtu.be/SvLbSTnmvZA>

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VIDEO 1

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VIDEO 2

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VIDEO 3

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VIDEO 4

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MODULE 5: Environmental conditions. SESSION 6: Thermal comfort (II). Measurement methods and simulation tools.

INTRODUCTION

<https://youtu.be/C0HCuICfEBk>

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VIDEO 1

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VIDEO 2

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VIDEO 4

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MODULE 5: Environmental conditions. SESSION 7: Thermal comfort. Practical examples.

INTRODUCTION

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VIDEO 1

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VIDEO 2

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VIDEO 3

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