

Warm-up sessions on construction sites



Aim 3: Lead our business sectors in terms of occupational health and safety

Action 3.1: Strive for a high level of prevention and extend it to all continents

Entity: Bouygues Entreprises France-Europe

Operational unit: Pertuy Construction – Norpac – GTB Construction – DV Construction

Overview of the Initiative

- > **Objective:** to limit the risks of physical harm to our colleagues, prevent muscle injuries as well as the risk of developing musculoskeletal disorders.
- > **Description:**



Warm-up sessions on construction sites are now common practice because it was observed that muscle injuries often occur at the beginning of a shift. The physical activity of our colleagues has therefore been likened to that of professional athletes.

The purpose of warm-ups is to awaken both the muscles and the mind and to prepare the body for work on the site with a safety-oriented attitude.

To ensure optimal conditions for this new venture, BYEFE created a partnership with the GPS SANTE group, a provider of prevention-based services focusing on health and maintaining or improving physical abilities.

Warm-up sessions will be organised on construction sites using a process common to all BYEFE subsidiaries, so that this practice becomes standard.

Warm-up sessions are to be held every day of the week for ten minutes at the beginning of each shift. They are considered part of the work day. The exercises are adapted to the physical condition of the workers. In the interest of remaining as close as possible to actual working conditions, workers will warm-up in their work clothes.

An informational meeting will take place before the warm-up sessions begin, to sensitize and explain this new measure. In order to ensure maximum safety during the warm-up sessions, when the sessions begin, each worker will submit to tests including a physical check-up and an opinion-based questionnaire. Performing the tests again after a


significant period of time will make it possible to measure the mid-term efficiency of the operation.

Since inception, feedback from the sites has been very positive. The warm-up period is seen as friendly by co-workers, especially because site managers and supervisors also participate (essential to the success of this approach). Also, the tests our colleagues underwent have clearly shown that warming up has a positive impact on their physical abilities.

Because this measure is part of a larger approach aiming towards better recognition of worker health, information about proper movements and postures in daily life accompany these stretching exercises.

Ultimately, the goal is to train competent workers to take over for the instructor and autonomously lead future warm-up sessions on worksites.

 **Possible partner(s):** GPS SANTE Group

 **Start date:** November 2007

Indicator(s): Number of sites with warm-up sessions
Fewer workplace accidents with muscle damage early in the day
Improvement in physical ability (flexibility, heart rate, etc.)
Percentage of workers participating