

MYSTERY CARDS

U'NITY GAME

Reminder :

NEUTRAL

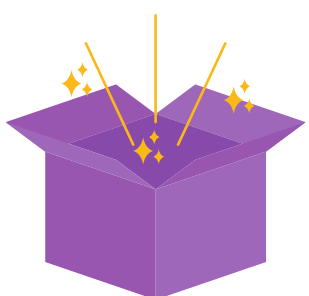
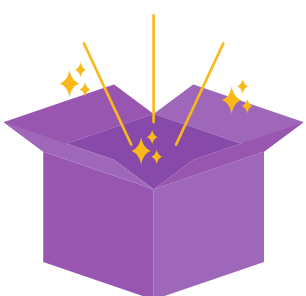
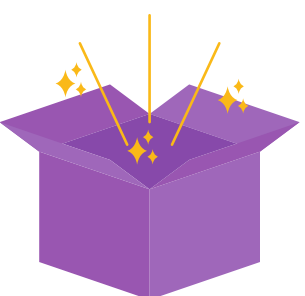
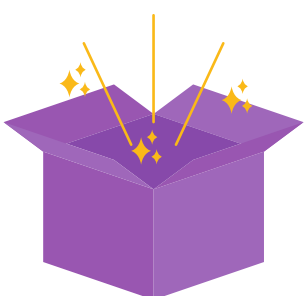
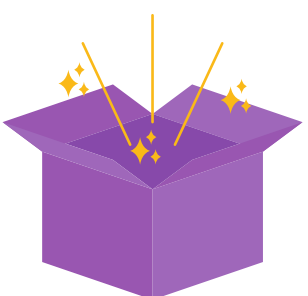
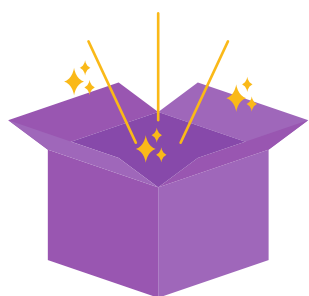
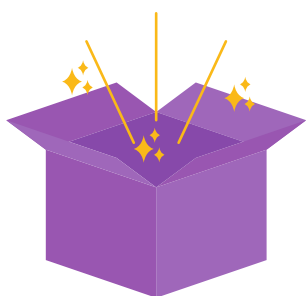
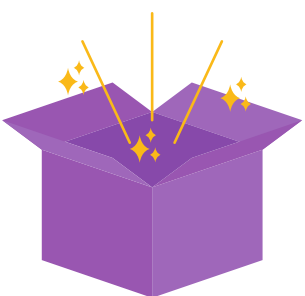
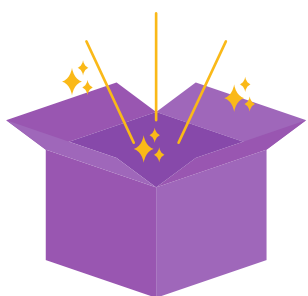
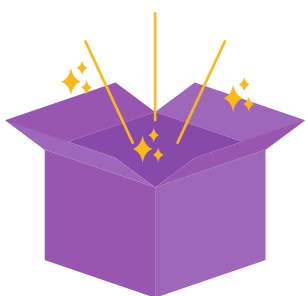
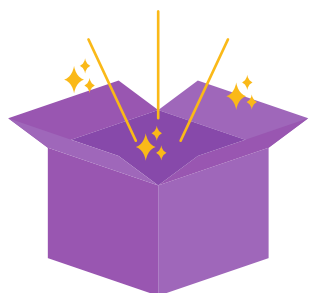
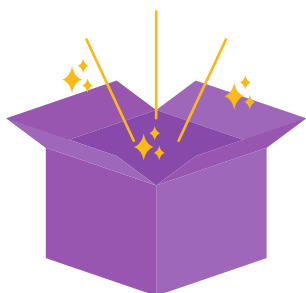
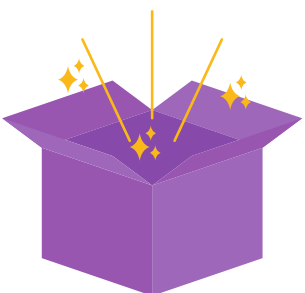
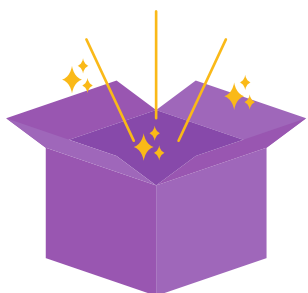
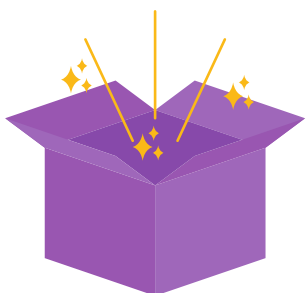
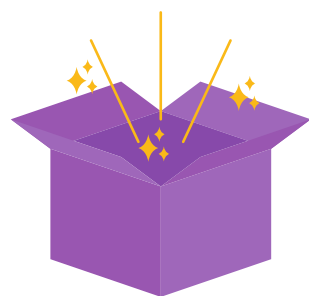
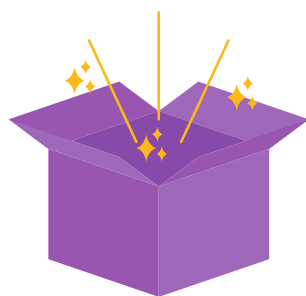
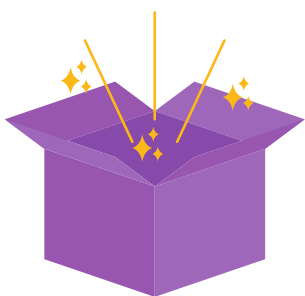
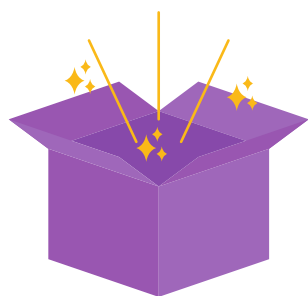
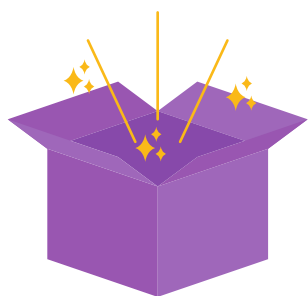
COMMUNICATION

ADVICE

IT IS NECESSARY TO ENSURE OPENNESS OF COMMUNICATION AND INFORMATION, TO FORMULATE CLEARLY WHEN SPEAKING, TO TREAT AND LISTEN TO OTHERS WITH RESPECT, AND TO ADMIT MISTAKES.

2

- "New category"
- Communication-oriented card
- PSR-oriented card
- MSD-oriented card
- non-oriented card
- 1/2/3 : game levels



BONUS

QUESTION #1

CCOMPLETE THIS FAMOUS AFRICAN QUOTE AND TRY TO EARN A SKILL POINT...

"ALONE WE GO FASTER BUT..."

1

BONUS

QUESTION #2

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A COMPETENCE POINT....

WHAT DOES THE ACRONYM MSD STAND FOR?

1

BONUS

QUESTION #3

GIVE ONE OF THE MAIN TIPS TO PREVENT MSP AND TRY TO GAIN A COMPETENCE POINT...

3

BONUS

QUESTION #4

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A SKILL POINT....

MSD ARE THE LEADING CAUSE OF OCCUPATIONAL DISEASE.

TRUE OR FALSE?

1

BONUS

QUESTION #5

RY TO ANSWER THE FOLLOWING QUESTION TO GAIN A SKILL POINT....

MSD ARE ALWAYS EXPRESSED THROUGH PAIN.

TRUE OR FALSE?

2

BONUS

QUESTION #7

1

BONUS

QUESTION #6

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A SKILL POINT....

MSD AFFECT JOINTS.

TRUE OR FALSE?

2

BONUS

QUESTION #8

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A SKILL POINT....

MSD CAN OCCUR WITHOUT MOVING.

TRUE OR FALSE?

2

BONUS

QUESTION #9

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A SKILL POINT....

WORK ORGANISATION CAN LEAD TO MSD.

TRUE OR FALSE?

2

BONUS

QUESTION #10

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A SKILL POINT....

AGE CAN AFFECT THE DEVELOPMENT OF MSD.

TRUE OR FALSE?

2

BONUS

QUESTION #11

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A COMPETENCE POINT....

PSYCHOSOCIAL RISKS ARE OCCUPATIONAL RISKS.

TRUE OR FALSE?

1

BONUS

QUESTION #12

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A COMPETENCE POINT....

STRESS IS A PSYCHOSOCIAL RISK.

TRUE OR FALSE?

1

BONUS

QUESTION #13

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A COMPETENCE POINT....

MUSCULOSKELETAL DISORDERS CAN BE CAUSED BY PSYCHOSOCIAL RISKS.

TRUE OR FALSE?

3

BONUS

QUESTION #14

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A COMPETENCE POINT....

ACCORDING TO THE LABOUR CODE, THE EMPLOYER SHALL TAKE THE NECESSARY MEASURES TO ENSURE THE SAFETY AND PROTECT THE PHYSICAL HEALTH OF EMPLOYEES ONLY. THERE IS NO MENTION OF MENTAL HEALTH.

TRUE OR FALSE?

3

BONUS

QUESTION #15

TRY TO ANSWER THE FOLLOWING QUESTION TO GAIN A COMPETENCE POINT....

BULLYING IS A PSYCHOSOCIAL RISK.

TRUE OR FALSE?

3

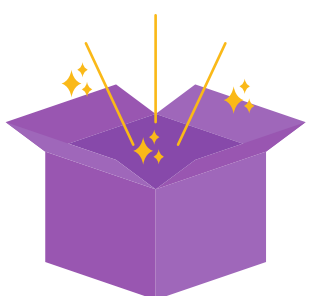
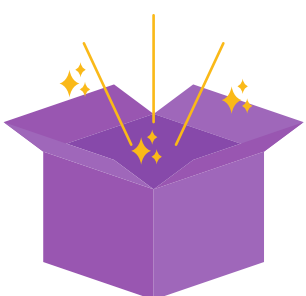
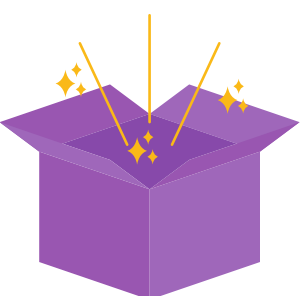
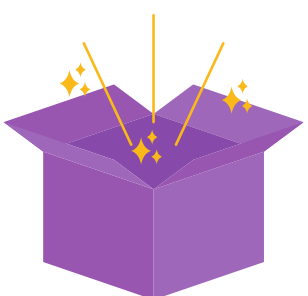
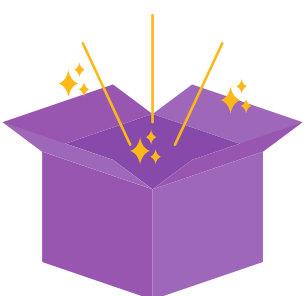
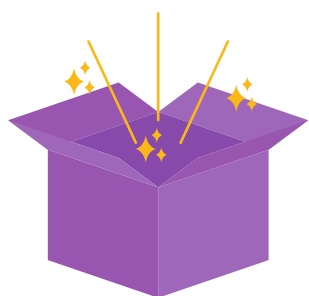
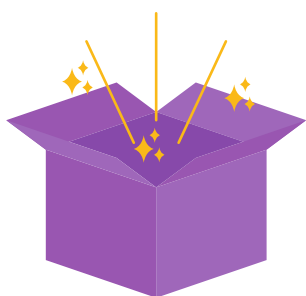
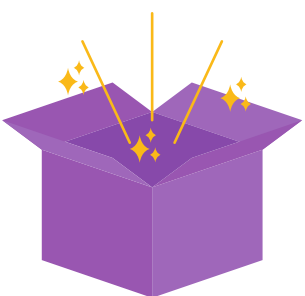
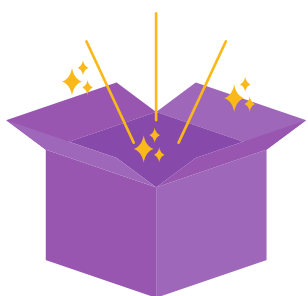
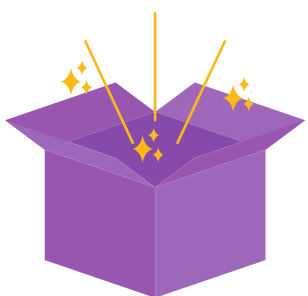
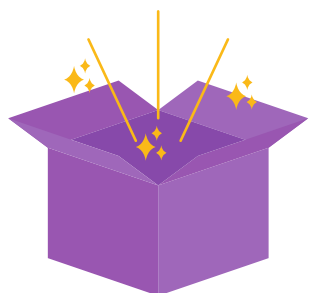
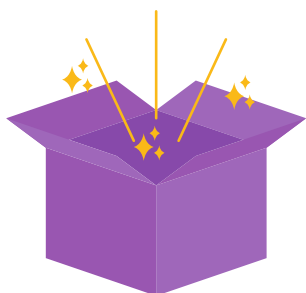
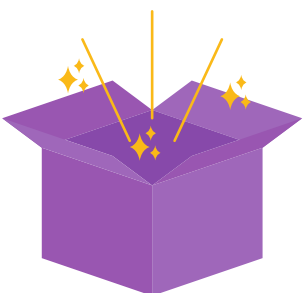
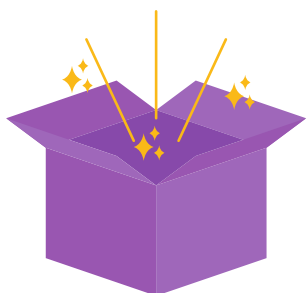
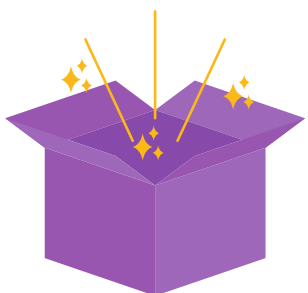
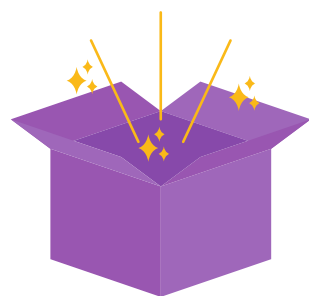
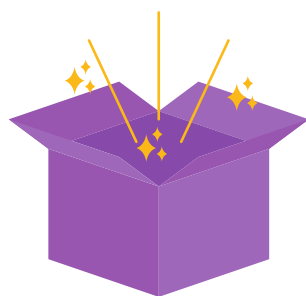
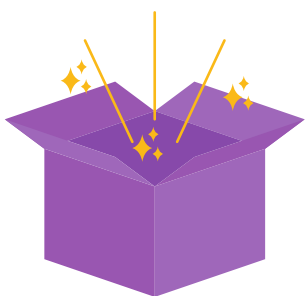
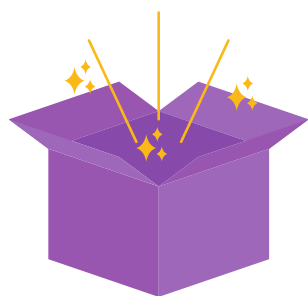
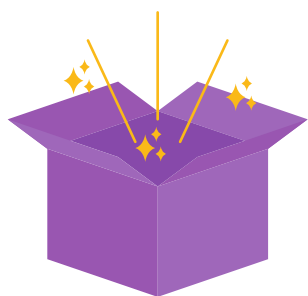
BONUS

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MALUS

THUNDERSTORMS ON THE BUILDING SITE!

SEVERE WEATHER IS EXPECTED THIS WEEK. THE CONSTRUCTION OF YOUR HOUSE MUST BE STOPPED.

YOU CAN'T DO ANY WORK TASK THIS WEEK

2

MALUS

HELP YOUR NEIGHBOUR!

THE TEAM THAT IS FURTHEST BEHIND ON ITS WORK NEEDS YOUR HELP.

GIVE THEM A SKILL POINT.

1

MALUS

STAFFING PROBLEM!

DUE TO COVID, YOU ARE SHORT STAFFED. YOU CAN NO LONGER PERFORM THE FOLLOWING TASKS THIS WEEK:

ELECTRICITY, INTERNET, WALLS AND HOME CINEMA.

2

MALUS

COLLAPSED WALLS!

A CEMENT PROBLEM HAS CAUSED A WALL TO COLLAPSE.

YOU NEED TO PAY A SKILL POINT TO REPAIR THE WALL.

2

MALUS

INFLATION !

THE PRICE OF RAW MATERIALS INCREASES.

YOU HAVE TO PAY AN ADDITIONAL SKILL POINT ON YOUR NEXT TASK.

2

MALUS

HEATING PROBLEM !

A HEATING PROBLEM HAS OCCURRED ON YOUR CONSTRUCTION SITE.

YOU HAVE TO PAY A FINISHING SKILL POINT TO REPAIR THE HEATER.

2

MALUS

ACCIDENT ON THE CONSTRUCTION SITE!

UONE OF YOUR EMPLOYEES IS INJURED WHILE WORKING.

YOU HAVE TO PAY AN ADMINISTRATIVE SKILL POINT TO DEAL WITH THIS ACCIDENT.

2

MALUS

ADDITIONAL TRASH !

UNTREATED TRASH HAS BEEN FOUND ON THE CONSTRUCTION SITE OF YOUR HOUSE.

YOU WILL HAVE TO TREAT IT FOR 1 SKILL POINT OR PAY 3 SKILL POINTS AT THE END OF THE GAME.



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NEGOTIATION

THIS CARD ALLOWS YOU TO START A NEGOTIATION WITH AN OPPONENT TEAM AT ANY TIME

WHEN YOU USE THIS CARD, YOU HAVE 2 MINUTES TO AGREE WITH THE OPPONENT'S TEAM ON A CARD EXCHANGE.

ALL CARDS CAN BE EXCHANGED DURING A NEGOTIATION.



The team that agrees to negotiate a card exchange gets 3 bonus points at the end of the game

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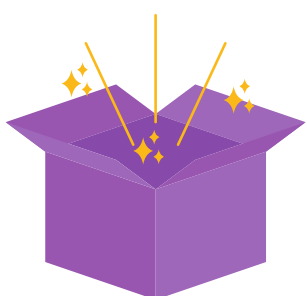
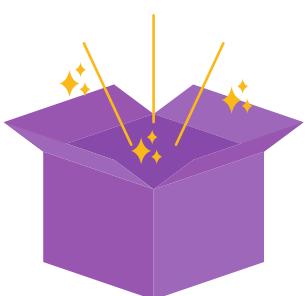
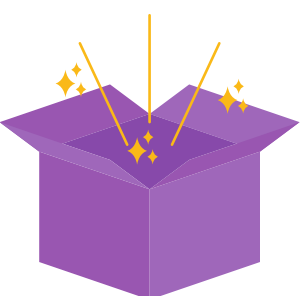
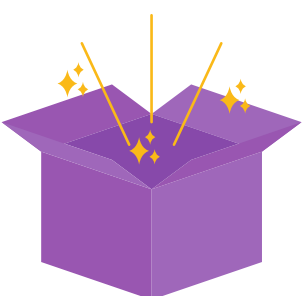
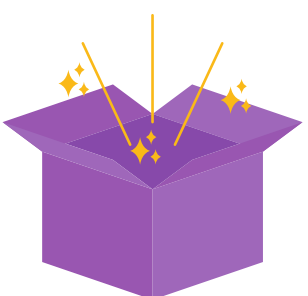
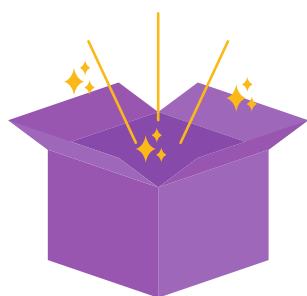
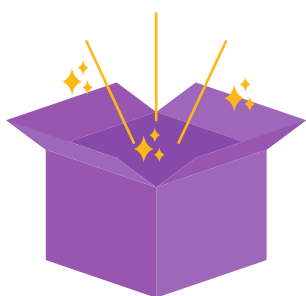
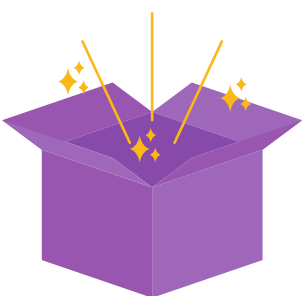
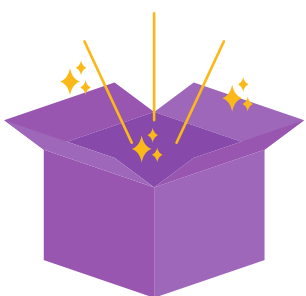
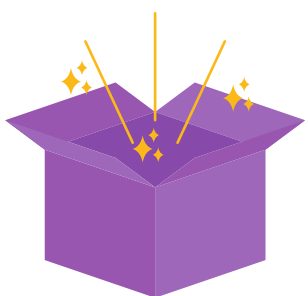
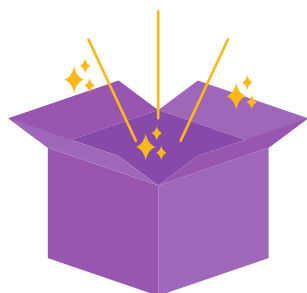
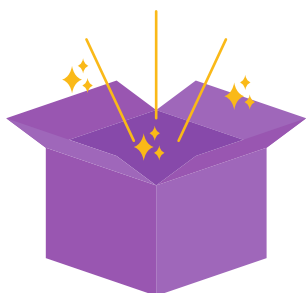
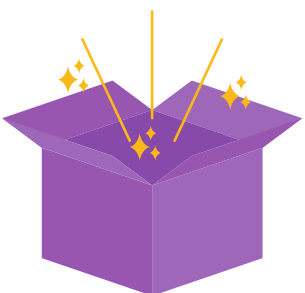
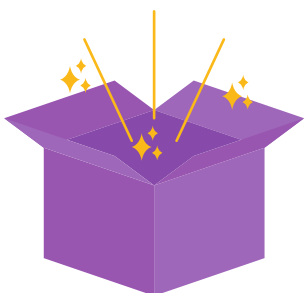
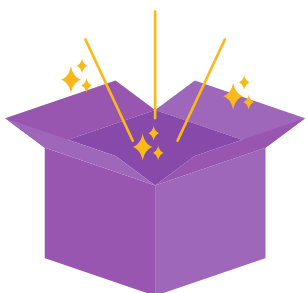
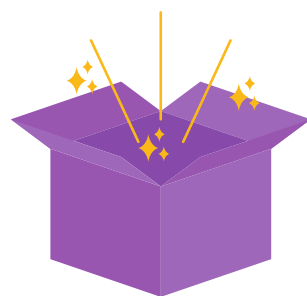
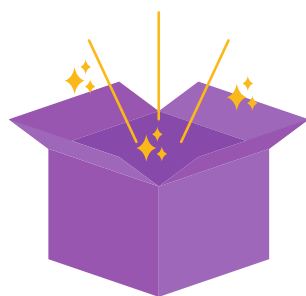
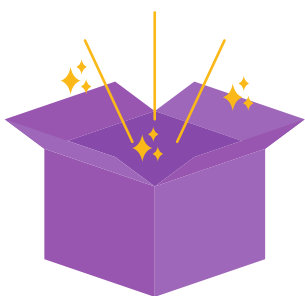
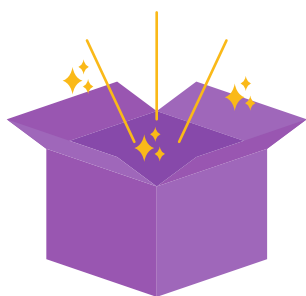
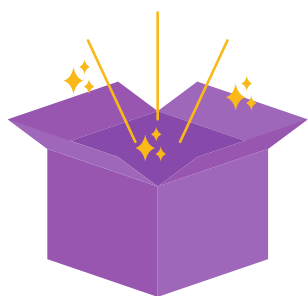
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NEUTRAL

RISK PREVENTION!

THE 3 ESSENTIAL VALUES IN PREVENTION ARE PEOPLE, TRANSPARENCY AND SOCIAL DIALOGUE.

2

NEUTRAL

EXCHANGE TIME!

WAS THERE EVER A TIME AT WORK WHEN YOU REMEMBER BEING IN PARTICULAR DIFFICULTY?

HOW DID YOU OVERCOME THIS?

2

NEUTRE

EXCHANGE TIME!

WHAT DO YOU THINK?

SHOULD WORK ADAPT TO MAN OR SHOULD MAN ADAPT TO WORK?

2

NEUTRE

DID YOU KNOW THAT?

Postures and movements are not the only **causes of MSDs**. Noise, **temperature**, lighting and the **atmosphere** in the workplace must also be taken into account.

2

NEUTRE

HOW TO PREVENT MSDs ?

RE-ENERGISE YOUR ENVIRONMENT.

WHATEVER YOUR LIFESTYLE, YOU NEED TO MAINTAIN A MINIMUM OF **PHYSICAL ACTIVITY** (GETTING FRESH AIR AND LIGHT), **MENTAL ACTIVITY** (READING, PLAYING) AND **SOCIAL ACTIVITY**, AT A **REGULAR PACE** (EVERY DAY OR EVERY WEEK...).

2

NEUTRAL

HOW TO PREVENT MSDs ?

ANALYSE GESTURES AND POSTURES.

YOU CAN OFTEN **IMPROVE YOUR POSTURE** TO BE MORE COMFORTABLE IN YOUR WORK...

ADJUST YOUR SEAT, THE HEIGHT OF YOUR WORK TABLE, **USE TOOLS ADAPTED TO YOUR PHYSICAL LEVEL**. OR **TALK ABOUT IT WITH OTHERS**.

2

NEUTRAL

HOW TO PREVENT MSDs ?

MAINTAINING MUSCLE MASS.

EVERYONE CAN AND SHOULD **MAINTAIN A MINIMUM OF MUSCLE MASS**. THIS CAN BE 10 MINUTES OF WALKING OR REAL SPORTS SESSIONS. WHAT COUNTS IS **REGULARITY**. MANY BACK AND JOINT PROBLEMS COULD BE AVOIDED WITH A MINIMUM OF MAINTENANCE OF THE ABDOMINAL MUSCLES.

2

NEUTRAL

COMMUNICATION

GOOD COMMUNICATION IN THE WORKPLACE ALLOWS US TO **PREVENT CONFLICTS**, **MOTIVATE COLLEAGUES**, AND **INCREASE PRODUCTIVITY**.

2

NEUTRAL

COMMUNICATION

ADVICE

ENSURE OPENNESS OF COMMUNICATION AND INFORMATION, FORMULATE CLEARLY WHEN SPEAKING, TREAT AND **LISTEN TO OTHERS WITH RESPECT**, AND **ADMIT MISTAKES**.

2

NEUTRAL

COMMUNICATION

ADVICE

SAYING GOOD MORNING TO ALL COLLEAGUES (ESPECIALLY THOSE AT DIFFERENT LEVELS) IN THE MORNING CREATES A **WARMER WORKING ATMOSPHERE THAT IS MORE CONDUCIVE TO COMMUNICATION**.

1

NEUTRAL

COMMUNICATION

THE RIGHT PLACE, THE RIGHT TIME:

OPEN SPACES MAKE IT EASIER TO **SHARE IDEAS**, ENCOURAGE THEIR DISSEMINATION AND FACILITATE **TEAMWORK**. CONVERSELY, IF YOU WANT TO TALK ABOUT AN IRRITATING SUBJECT, IT IS BETTER TO DO SO EARLY IN THE MORNING IN A CLOSED OFFICE.

3

NEUTRAL

HAPPINESS AT WORK

ADVICE

REGULARLY CHANGING THE ROUTE TO WORK IN THE MORNING IS A GREAT WAY TO **BREAK THE ROUTINE** AND GET INTO A MORE POSITIVE FRAME OF MIND FOR THE DAY!

1

NEUTRAL

COMFORT AT WORK

ADVICE

IF YOU ARE **NOT HAPPY** WITH A PIECE OF EQUIPMENT OFFERED TO YOU, IT IS **ALWAYS GOOD TO SAY SO!** IT IS BETTER TO INVEST IN NEW, MORE **SUITABLE EQUIPMENT** RATHER THAN UNUSED EQUIPMENT. IT WILL ALSO AVOID EQUIPPING OTHERS WITH THE SAME EQUIPMENT!

2

NEGOTIATION

THIS CARD ALLOWS YOU TO **START A NEGOTIATION** WITH AN OPPONENT TEAM AT ANY TIME

WHEN YOU USE THIS CARD, YOU HAVE **2 MINUTES** TO AGREE WITH THE OPPONENT'S TEAM ON A CARD EXCHANGE.

ALL CARDS CAN BE EXCHANGED DURING A NEGOTIATION.



The team that agrees to negotiate a card exchange gets 3 bonus points at the end of the game

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Answers to the questions

1. alone we go faster but together we go further
2. MSD = Musculoskeletal Disorders
3. Wake up your body and muscles gently, Analyse your gestures and postures, Maintain your muscle mass (MSD)
4. True: they represent 95% of recognised occupational diseases for agricultural workers and 80% for workers under the general scheme. (TMS)
5. True. These pains, felt during and outside of work, gradually develop into functional discomfort that can lead to permanent disability. (MSD)
6. False. MSDs affect the "soft" tissues around the joints. They include about fifteen diseases that affect the muscles, tendons and nerves of the upper limbs (shoulder, elbow, wrist, finger), lower limbs (knee, ankle, foot) and the spine. (MSD)
7. True. Carpal tunnel syndrome is caused by compression of the nerve at the wrist (MSD).
8. True. Prolonged posture can lead to the development of MSD. (MSD)
9. True. The development of MSDs is favoured by an unsuitable workstation and stressful situations (imposed pace, insufficient recovery time, feeling of isolation, etc.). (MSD)
10. True. Age can be an aggravating factor (MSD)
11. True. Psychosocial risks are occupational risks of various origins and nature, which involve the physical integrity and mental health of employees and therefore have an impact on the proper functioning of companies. They are called "psychosocial" because they are at the interface between the individual (the "psycho") and the work situation. (PSR)

12. False: Stress is a psychosocial disorder that results from a psychosocial risk. It is a manifestation and not a cause (PSR)
13. True (PSR)
14. False Article L.4121-1 of the Labour Code: "The employer shall take the necessary measures to ensure the safety and protect the physical and mental health of workers. (PSR)
15. True. The employer has an obligation to prevent moral harassment and sexual harassment. These behaviours are considered a form of violence for the workers subjected to them and are part of the psychosocial risks. (PSR)

ADD CARDS

[illegible]