

BE THE ARCHITECT OF YOUR TRAINING

# ONE BETTER PRACTICE A DAY

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**RECRE  
ACTION**  
Play it safe



# LEARNING PLAYLIST



To improve Health & Safety at work, RécréAction designs short training pills & easy-to-use tools to help people create RITUALS and build new TINY HABITS.

Habit change & healthy practices do not have to be hard. Small things that are easily integrated into daily life, when regular and consistent, will add up to significant and lasting benefits.



WARM-UP TOOL



CHECKLIST TOOL

“

ONE  
BETTER  
PRACTICE  
A DAY

”



# Zen on the Road

## Managing road stress

Improving practices to reduce road accidents

### "Environment"

- Driving in the city
- Driving in summer
- Driving at night

### "Great dangers"

- Drowsiness
- Fatigue on the motorway
- Fatigue

### "Managing Stress"

- Stress of enforcement zone
- Stress of Police checkpoint
- Road stress

### "Health & Lifestyle"

- Alcohol
- Drugs
- Medication
- Mobile & Messages
- A vehicle that suits me

With many tips and exercises for relaxation

[25 3-minute pills available in french](#)

### "Aggression"

- Dealing with aggressivity
- Driving too close to a vehicle
- Tailgating
- Calming down after

### "Weather"

- Rain
- Snow & fog

### "Incidents"

- Delay
- Breakdown
- Accident





# Warehouse

risk, quality, operation, prevention

## "Warehouse"

5 pills of 3 min

- On Site Movement
- Cleanliness & tidiness
- Chemical Products & leaks
- Vigilance on the dock
- Coordinate co-activity

## "Handling"

7 pills of 3 min

- Posture & Proper Handling
- Handling & trolley
- Forklift Driving
- Electric Stacker Driving
- Height garbage -falls & collapse
- Chemical Products & leaks
- Loading & opening the truck

## "Risks awareness"

5 pills of 3 min

- Chemical risks
- Fire
- Electrical risks
- Co-activity risks
- First aid

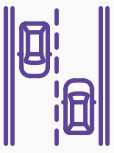
## "Risks of falls"

5 pills of 3 min

- Fall
- Falling from height
- Falls & collapses
- Cleanliness & tidiness
- First aid

[Available in french & english](#)





# On the road

risk, precaution, anticipation

## "Driving & parking"

5 pills of 3 min

- Safety distances
- Proper Parking
- Driving Dangers: alcohol, drugs...
- Road Concentration
- Pedestrian traffic

## "Truck driver"

6 pills of 3 min

- Driving Dangers
- Road Concentration
- Vehicle control – driving
- Sat Nav
- Maintain 3 support points
- Opening the truck

## "Delivery driver"

8 pills of 3 min

- Vehicle control – driving
- Sat Nav
- Maintain 3 support points
- Opening the truck
- Handling & trolley
- Safety at client sites
- Driving Dangers: alcohol, drugs...
- Road Concentration



[Available in french & english](#)



# Playlist: Office

precaution & anticipation, risk, quality

## «risks in the office»

5 pills of 3 min

- Work Station Ergonomics
- Falls
- Fire
- Electrical risks
- First aid

## «risks of falls»

5 pills of 3 min

- Fall
- Falling from height
- Falls & collapses
- Cleanliness & tidiness
- First aid

## «route & parking»

5 pills of 3 min

- Safety distances
- Dangers while driving: alcohol, drugs
- Focus on the road
- Traffic in the car park
- Parking in the car park

[Available in french & english](#)





# Covid-19 Experience

5 pills of 3 min to change the vision, avoid contamination

Immerse your employees in familiar situations to test their decisions, give them feedback and micro-lesson

- what is Covid-19, its modes of transmission, the barrier gestures to adopt?
- common symptoms, what to do in case of symptoms
- field instructions adapted to your company: wearing masks, cleaning equipments, etc.
- how to limit contact: circulation, lift, stairs, break



Available in english, french, italian and spanish



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