



APPLES - Applying Practices for Productive Learning of Entrepreneurial Skills

Biennium 2015 – 2017

September 2016

EXERCISE, POSTURE AND ERGONOMICS

Końskie, Poland


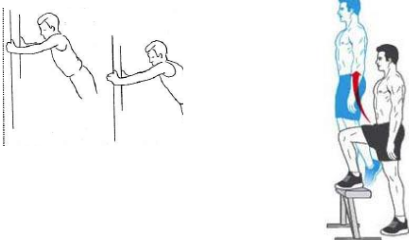
EXERCISE, POSTURE AND ERGONOMICS**TIPS TO IMPROVE POSTURE**


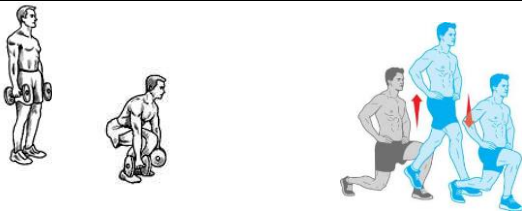
1. Identify the warning signs of back pain caused by poor ergonomics and posture
2. Keep the body in alignment while sitting in an office chair and while standing
3. Get up and move
4. Use posture-friendly props and ergonomic office chairs when sitting
5. Increase awareness of posture and ergonomics in everyday settings
6. Use exercise to help prevent injury and promote good posture
7. Wear supportive footwear when standing
8. Remember good posture and ergonomics when in motion
9. Create ergonomic physical environments and workspaces, such as sitting in an office chair at a computer
10. Avoid overprotecting posture

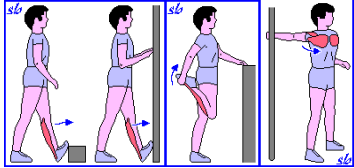
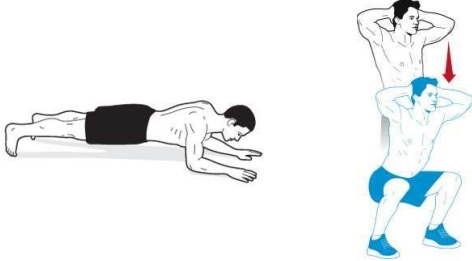
HANDLING MATERIAL AND BACK PAIN PREVENTION

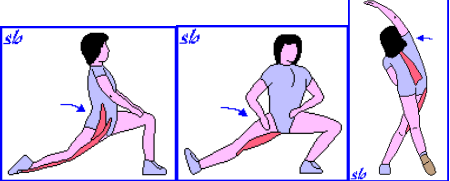
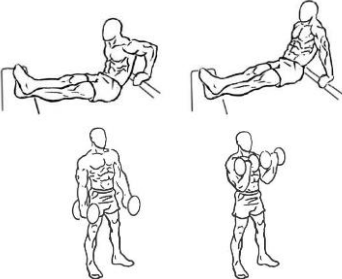
1. Proper lifting - getting as close to the load as possible;
2. Waist high - It is easier to move loads that are waist high than ones there are on the floor;
3. Carrying loads - Keep all loads as close to one's center of gravity as possible;
4. Use "three point" contact - two hands and a foot or both feet and a hand must be in contact with the ladder or stairs at all times;
5. Pushing and pulling - Pushing is generally easier on the back than pulling; avoid twisting the lower back;
6. Don't twist - The opposite of twisting is pivoting;

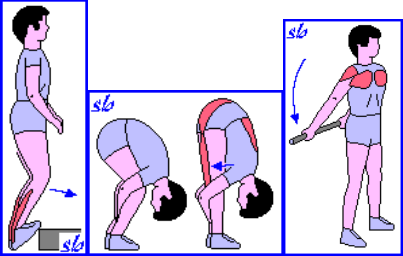
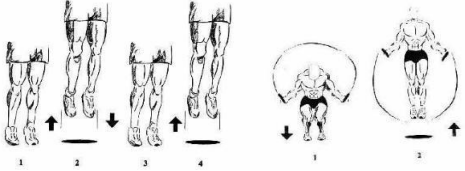
EXERCISE, STRETCHING, POSTURE AND WORK IN PAIRS



STRETCHING/POSTURE	EXERCISE/ MUSCLE STRENGTHENING	WORK IN PAIRS
		<p>A) Get out of the work place and walk/run with a friend.</p> <p>B) Pick photos by theme in the neighborhood (ex: flowers, church...)</p>
<p>TIPS 2x 10 sec.</p>	<p>TIPS Pushups against the wall - 2 x10 rep Step - 2x 10 rep</p>	<p>TIPS 10 min</p>

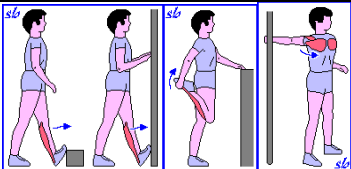
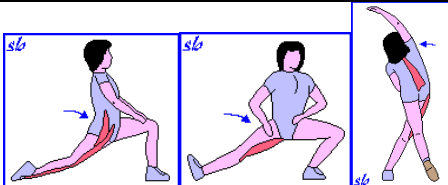
STRETCHING/POSTURE	EXERCISE/ MUSCLE STRENGTHENING	WORK IN PAIRS
		<p>A) Dance session with colleagues leading the class</p> <p>B) Dance by tempo 4 tempo: displacement and clap hands; displacement and greeting; displacement and jump; 8 tempo: displacement and turns; displacement and statue; Variation of rhythm displacement</p>
<p>TIPS 2x 10 sec.</p>	<p>TIPS Deadweight with water bottles - 2 x10 rep Lunges - 2x 10 rep</p>	<p>TIPS Ask to a colleague with experience in dance to lead a 10 min session</p>

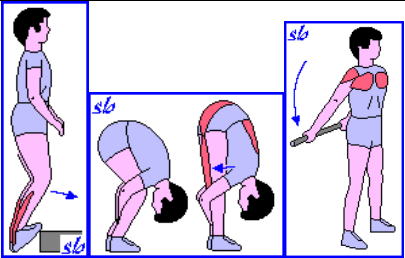
STRETCHING/POSTURE	EXERCISE/ MUSCLE STRENGTHENING	WORK IN PAIRS
		<p>A) Play a chess/cards game B) Massage with tennis balls</p>
<p>TIPS 2x 10 sec</p>	<p>TIPS Plank (on the floor/on a table) - 2x 10 sec Squat - 2x 10 rep</p>	<p>TIPS 10 min</p>

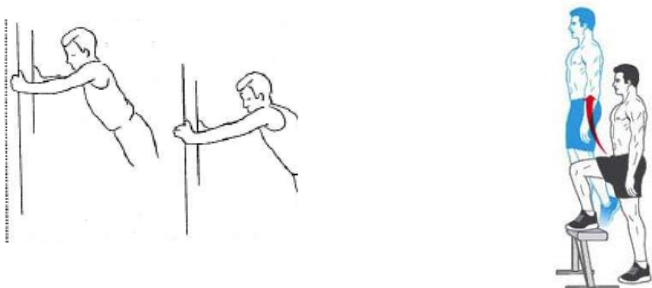
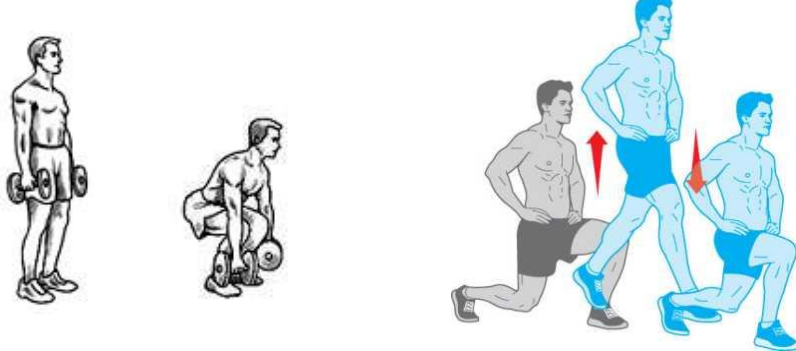
STRETCHING/POSTURE	EXERCISE/ MUSCLE STRENGTHENING	WORK IN PAIRS
		<p>Game photo / static mimicry</p>
<p>TIPS 2x 10 sec</p>	<p>TIPS Funds between or/on chair - 2 x10 rep Curl with water bottles - 2x 10 rep</p>	<p>TIPS Played by 5-15 persons</p>

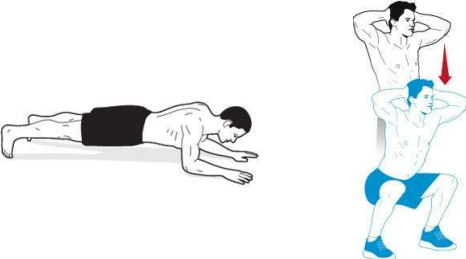
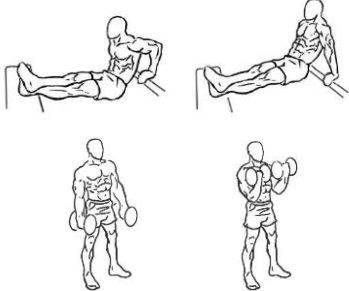
STRETCHING/POSTURE	EXERCISE/ MUSCLE STRENGTHENING	WORK IN PAIRS
		<p>A) Killer Game B) Game Train</p>
<p>TIPS 2x 10 sec</p>	<p>TIPS Thrusts Ups - 2 x10 rep Jumping rope- 2x 10 rep</p>	<p>TIPS Played by 5-15 persons</p>

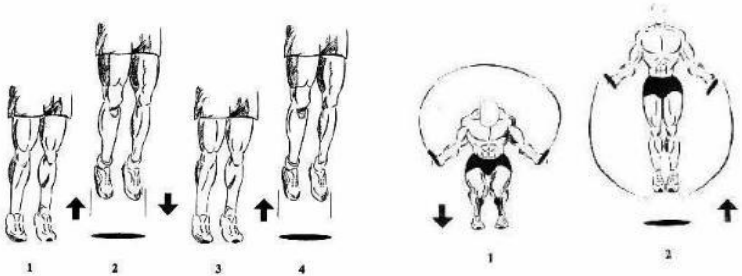
STRETCHING/POSTURE	STRETCHING/POSTURE
	
<p style="text-align: center;">TIPS</p> <p style="text-align: center;">2x 10 sec.</p>	<p style="text-align: center;">TIPS</p> <p style="text-align: center;">2x 10 sec.</p>

<h1>STRETCHING/POSTURE</h1>	<h1>STRETCHING/POSTURE</h1>
	
<h2>TIPS</h2> <p>2x 10 sec</p>	<h2>TIPS</h2> <p>2x 10 sec</p>

STRETCHING/POSTURE	STRETCHING/POSTURE
	Today I choose
<p>TIPS</p> <p>2x 10 sec</p>	

EXERCISE/ MUSCLE STRENGTHENING	EXERCISE/ MUSCLE STRENGTHENING
	
<p style="text-align: center;">TIPS</p> <p style="text-align: center;">Pushups against the wall - 2 x10 rep Step - 2x 10 rep</p>	<p style="text-align: center;">TIPS</p> <p style="text-align: center;">Deadweight with water bottles - 2 x10 rep Lunges - 2x 10 rep</p>

EXERCISE/ MUSCLE STRENGTHENING	EXERCISE/ MUSCLE STRENGTHENING
	
<p style="text-align: center;">TIPS</p> <p style="text-align: center;">Plank (on the floor/on a table) – 2x 10 sec Squat - 2x 10 rep</p>	<p style="text-align: center;">TIPS</p> <p style="text-align: center;">Funds between or/on chair – 2 x10 rep Curl with water bottles - 2x 10 rep</p>

EXERCISE/ MUSCLE STRENGTHENING	EXERCISE/ MUSCLE STRENGTHENING
 <p>The diagrams illustrate two exercises. The first exercise, Thrusts, is shown in four numbered steps (1-4) with arrows indicating the upward and downward movement of the legs. The second exercise, Jumping rope, is shown in two numbered steps (1-2) with arrows indicating the downward and upward movement of the rope.</p>	<p>Today I choose</p>
<p style="text-align: center;">TIPS</p> <p>Thrusts Ups - 2 x10 rep</p> <p>Jumping rope- 2x 10 rep</p>	

WORK IN PAIRS	WORK IN PAIRS
<p>A) Get out of the work place and walk/run with a friend.</p> <p>B) Pick photos by theme in the neighborhood (ex: flowers, church...)</p>	<p>A) Dance session with colleagues leading the class</p> <p>B) Dance by tempo</p> <p>4 tempo: displacement and clap hands; displacement and greeting; displacement and jump;</p> <p>8 tempo: displacement and turns; displacement and statue; Variation of rhythm displacement</p>
<p>TIPS</p> <p>10 min</p>	<p>TIPS</p> <p>Ask to a colleague with experience in dance to lead a 10 min session</p>

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<p>TIPS</p> <p>10 min</p>	<p>TIPS</p> <p>Played by 5-15 persons</p>

WORK IN PAIRS	WORK IN PAIRS
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TIPS Played by 5-15 persons	