



PROGETTO COMENIUS

ERGONOMICS

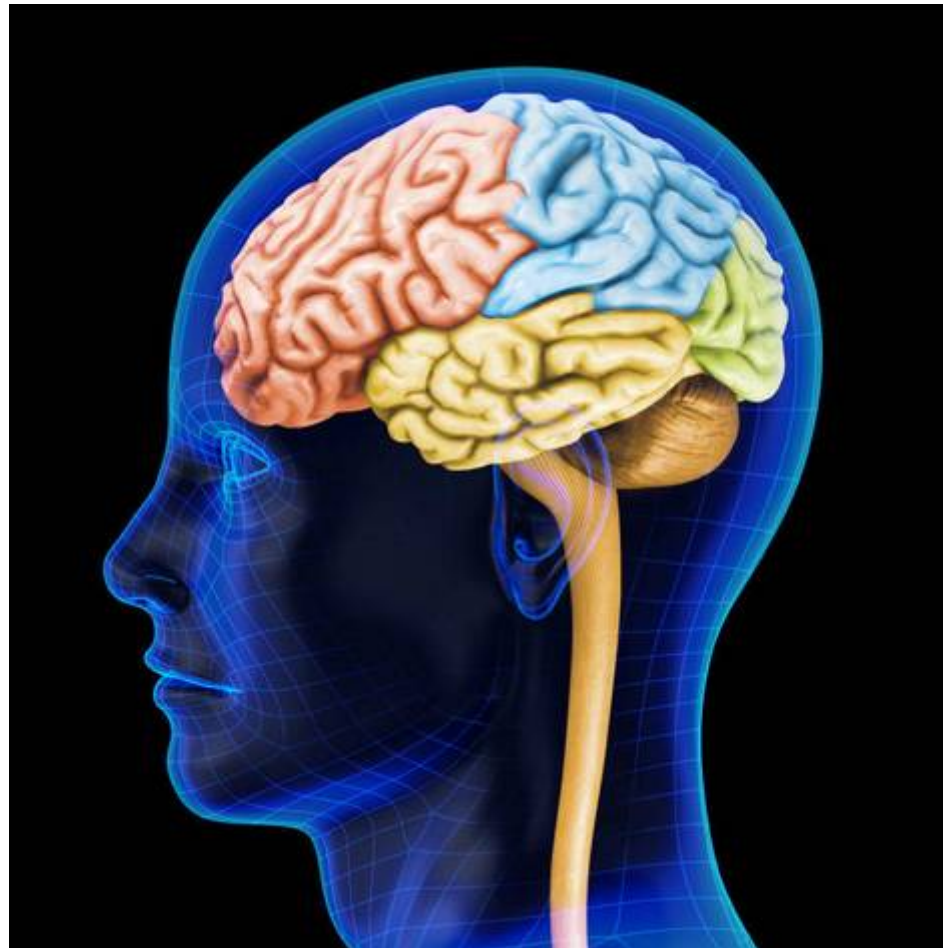
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dott. Stefano Piccolo - fisioterapista

Padova, 29th March 2014

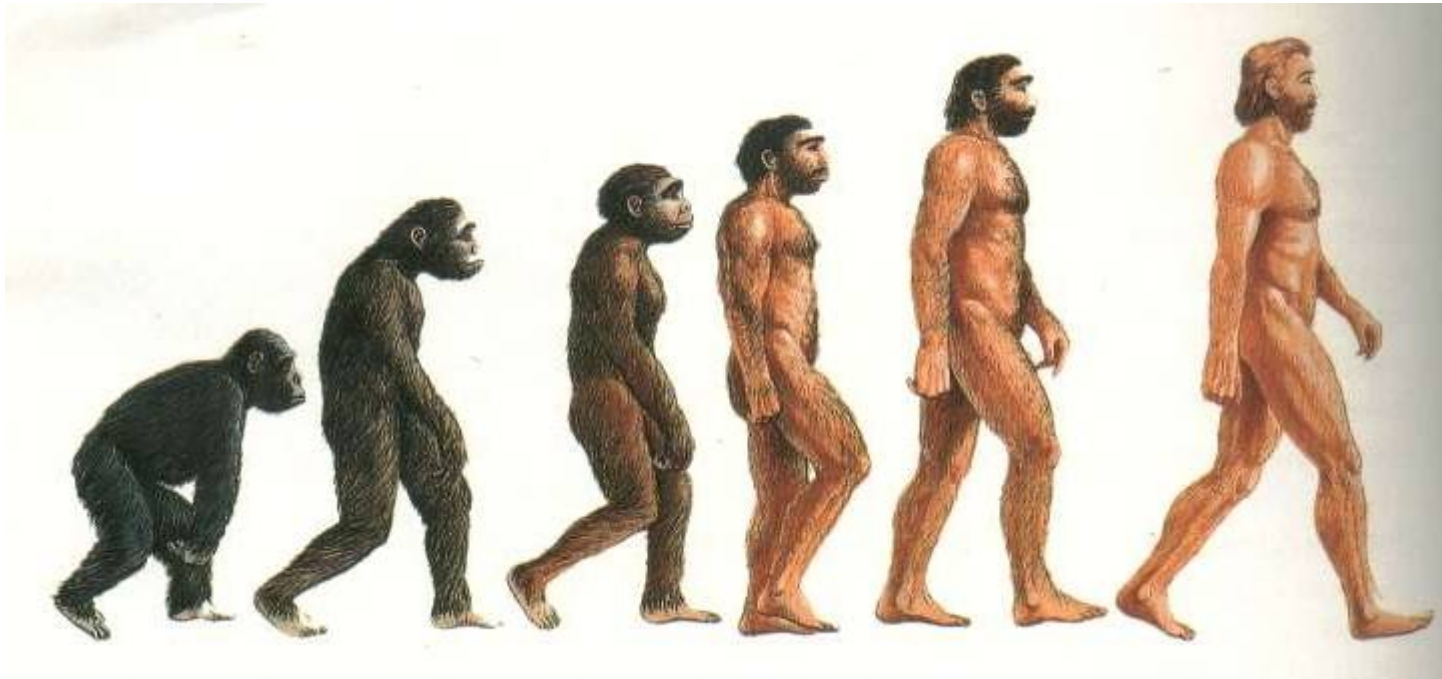
...what does Ergonomics mean?

Ergonomics is the scientific discipline concerned with the **understanding** of the **effects** among **humans and other elements** of a system, in order to make the **best of human well-being** and overall system performance.

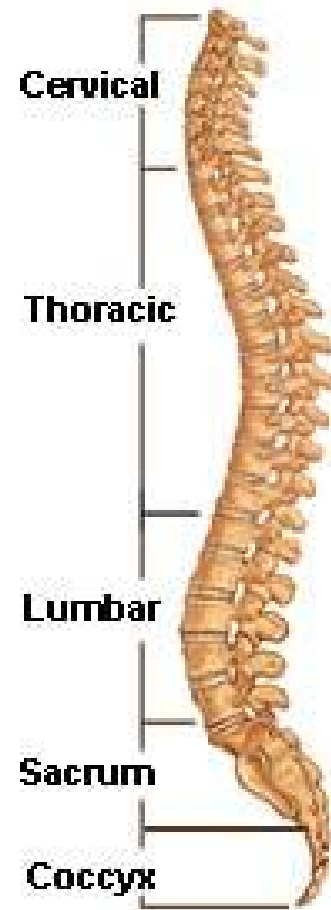
To understand you must turn
your..... on



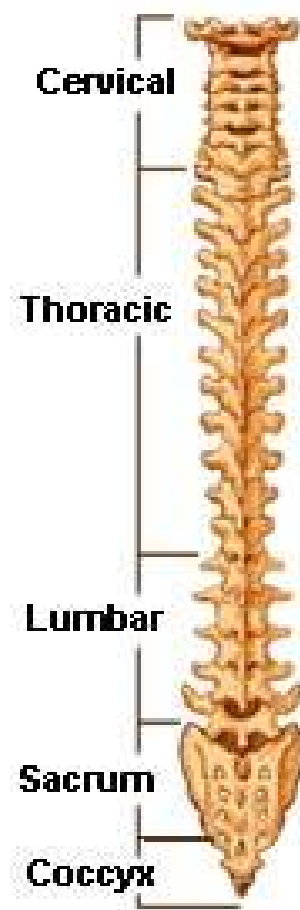
...human being?....YES !!!



**Lateral (Side)
Spinal Column**



**Posterior (Back)
Spinal Column**





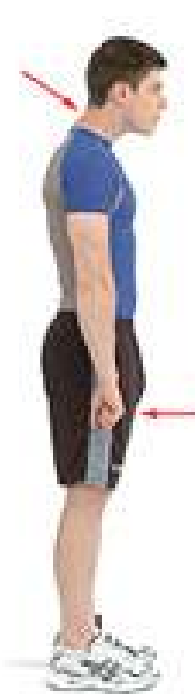
Sway
Back



Lumbar
Lordosis



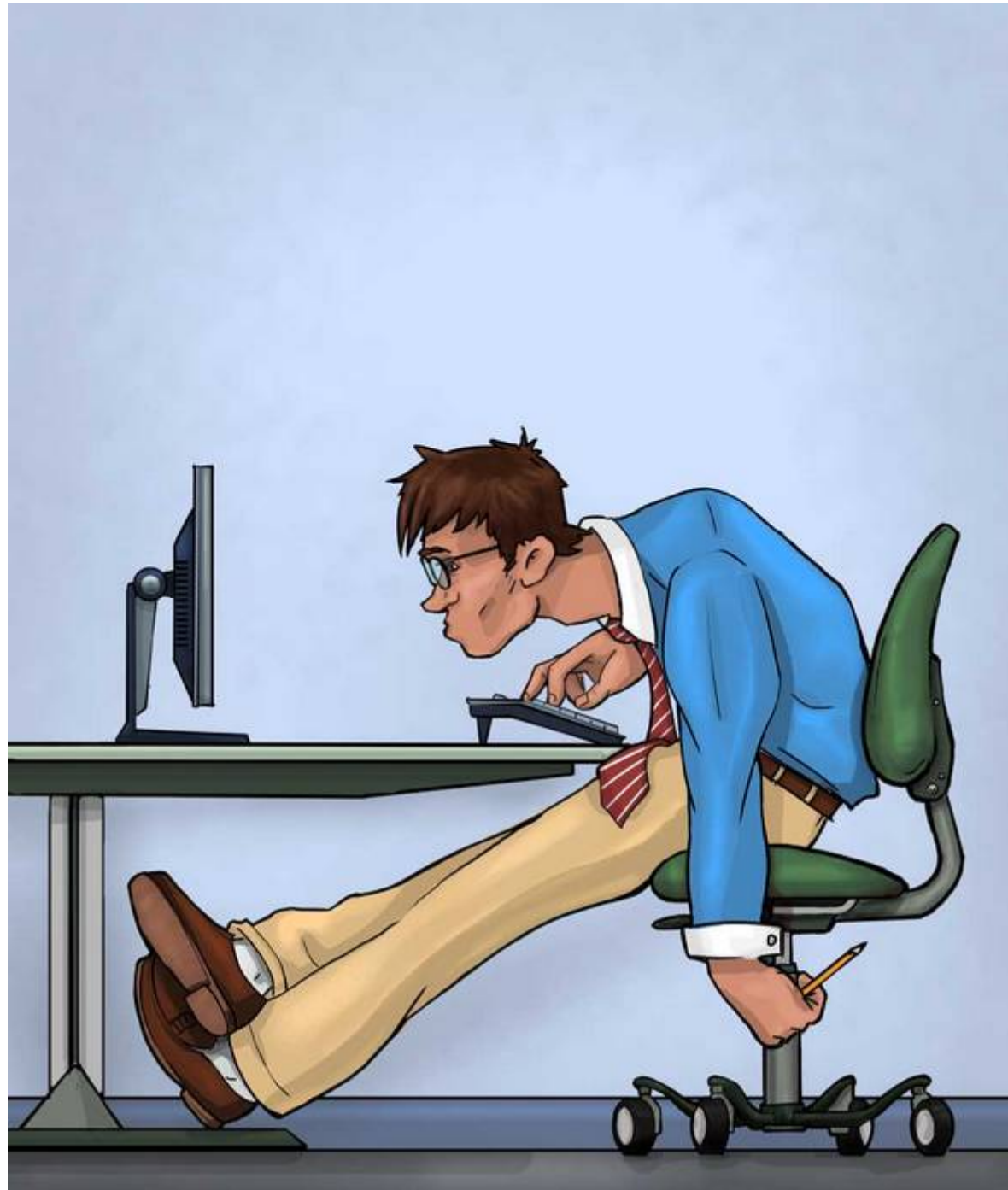
Thoracic
Kyphosis



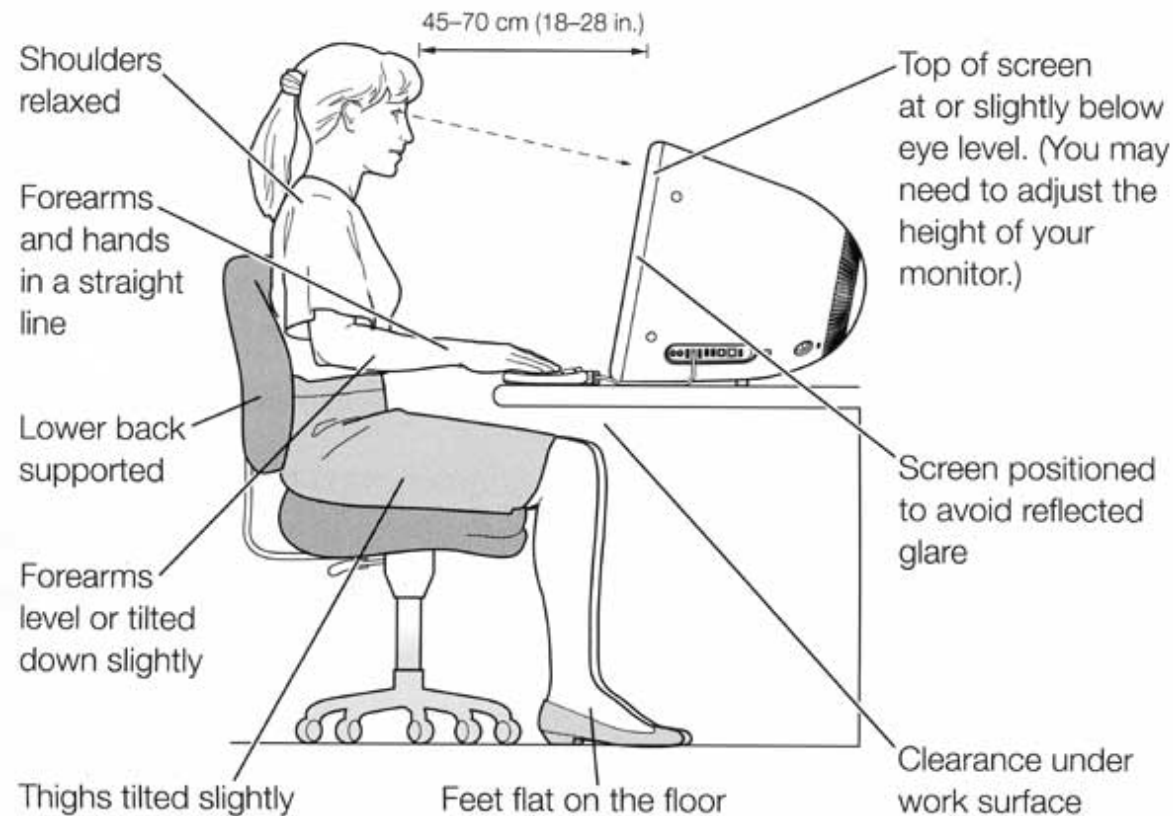
Forward
Head



Good
Posture



- It's always important to sit in a good position and not feel awkward. Back and neck pain are the most common pains that people get when they are not using their chair or other features properly.



VIDEO

- <http://www.youtube.com/watch?v=ZLwIP8cBaWA>



OK, I have understood; but to
get a good posture do I have
to use the brain alone?



If you train your muscles,
you train your posture.

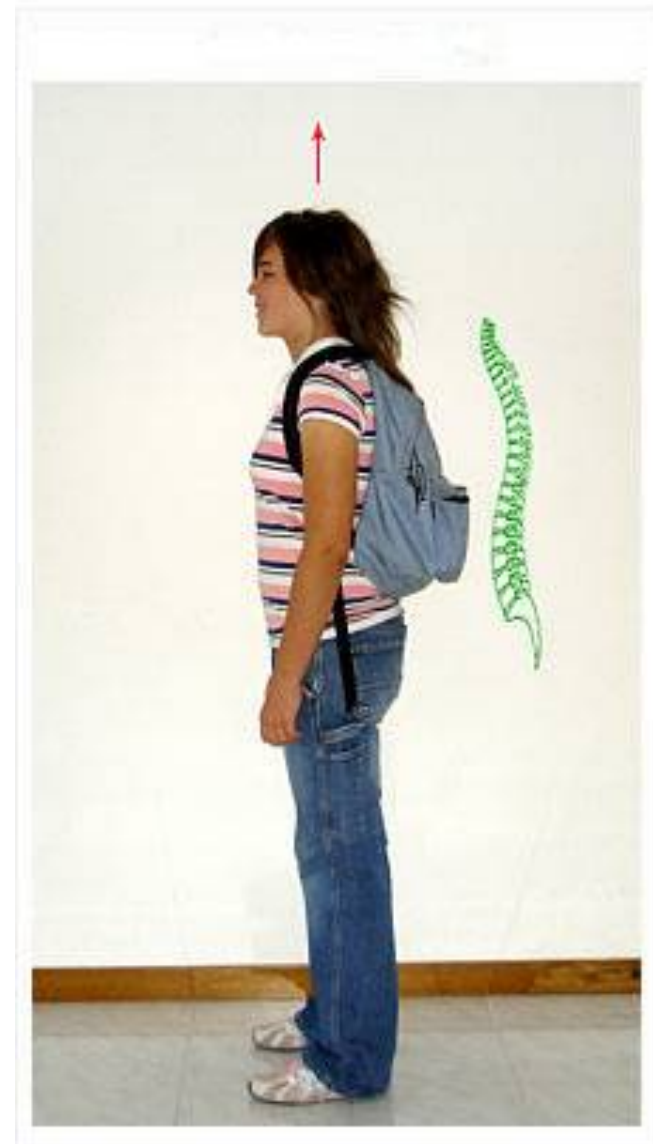
CAUSES OF PAIN

You may feel pain because:

- **Your back:** your chair doesn't have a good support or you are leaning forward too much
- **Your neck:** your computer monitor is too high or low or not directly in front of you
- **Your wrists:** they may be too close to your body or not lined up with your elbows
- **Your hands or fingers:** your keyboard may be raised when it needs to be flat

BACKPACKS





Some advice...

- Backpack is like a dress: check your size...
- Put it on with the 2 straps, and not only 1
- The bottom must not overcome the hip line
- The back of the schoolbag must be padded, otherwise it looks like a "potato sack"

Things to avoid

- To run with a heavy schoolbag
- To pull violently your friend's schoolbag
- To raise it too quickly
- To put too much (useless) weight

Do I have to use my brain at home as well?

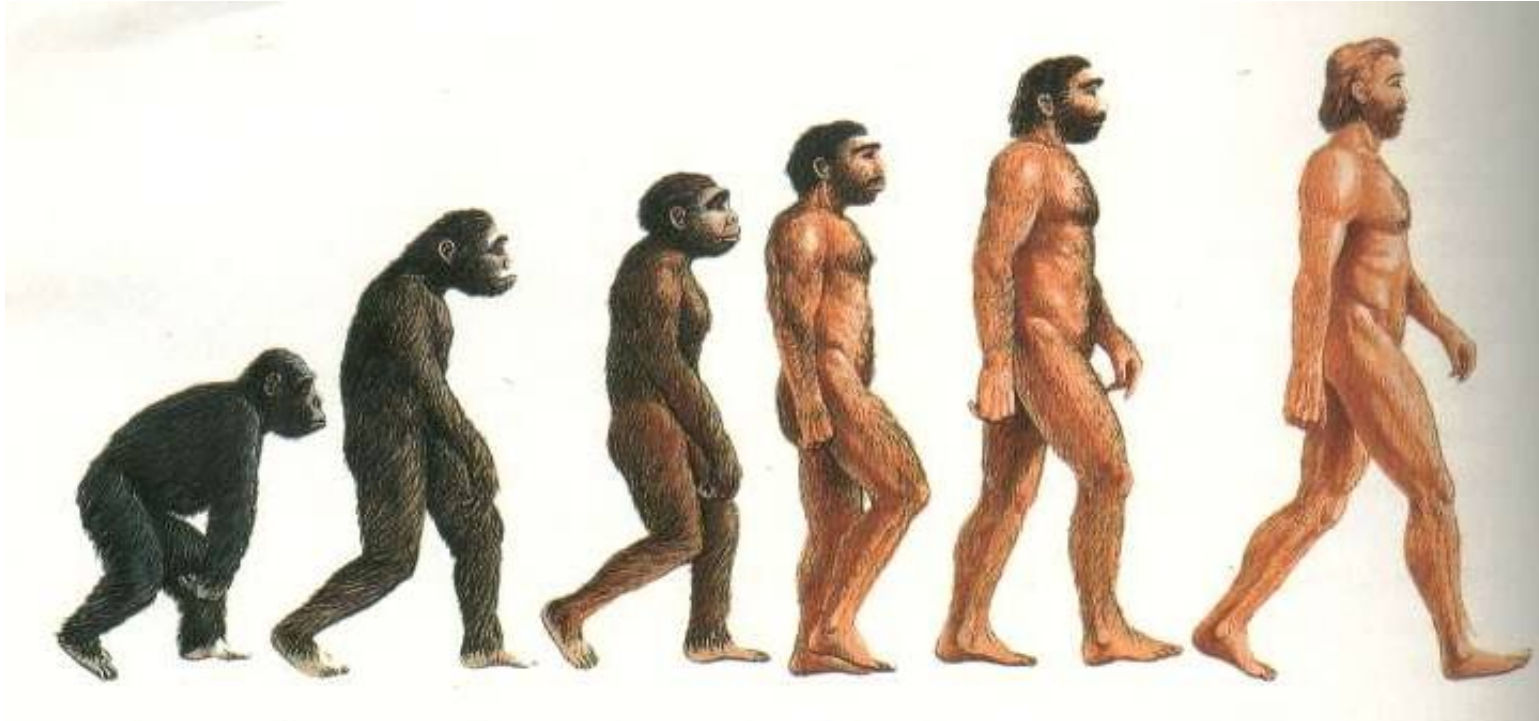


And what about shoes?...



- Do you have your shoestrings on or off ?

...and TROUSERS ?????





THANKS