

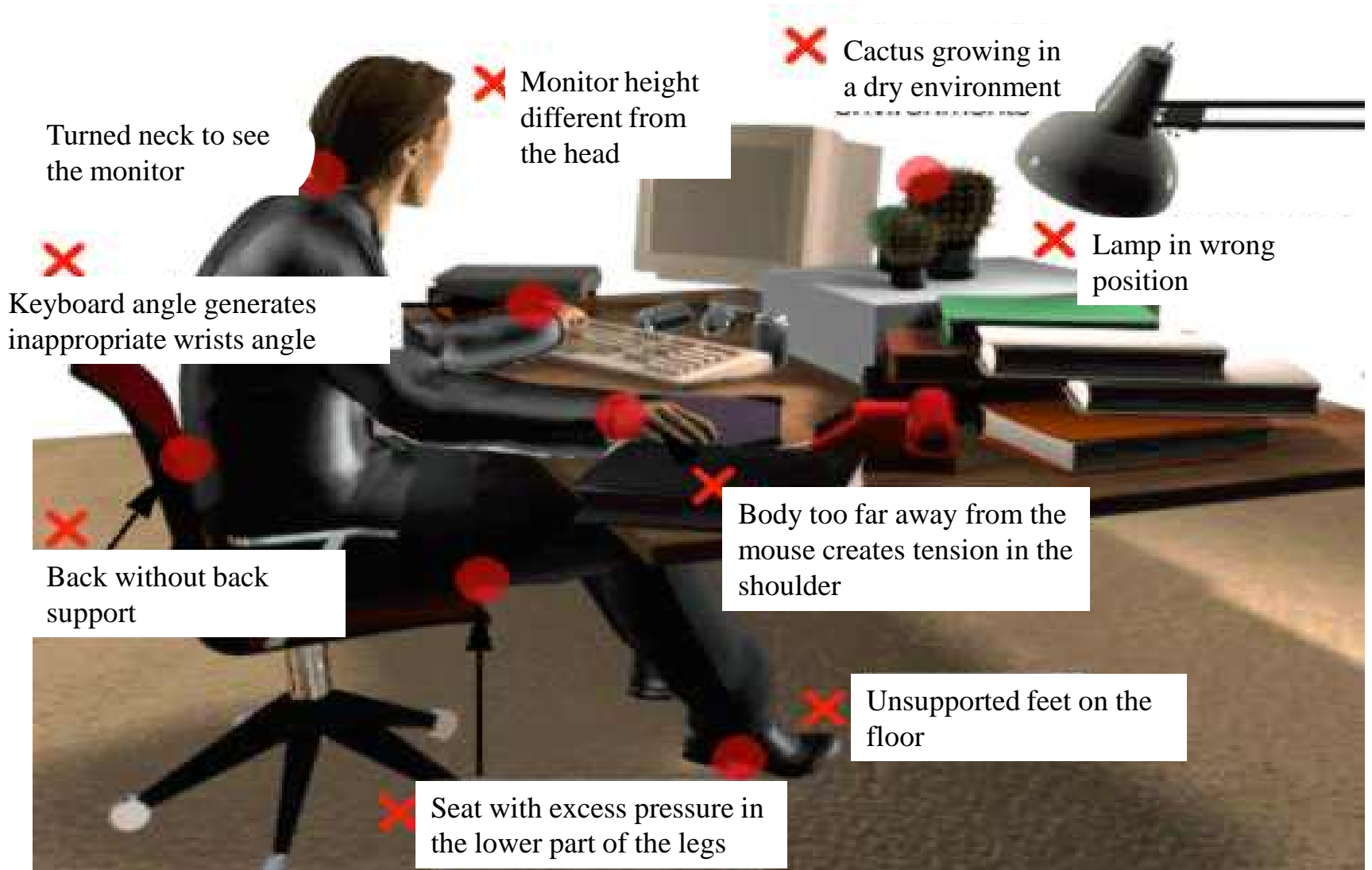
# *Health and Safety in the workplace*

## **Ergonomic Risk.-**

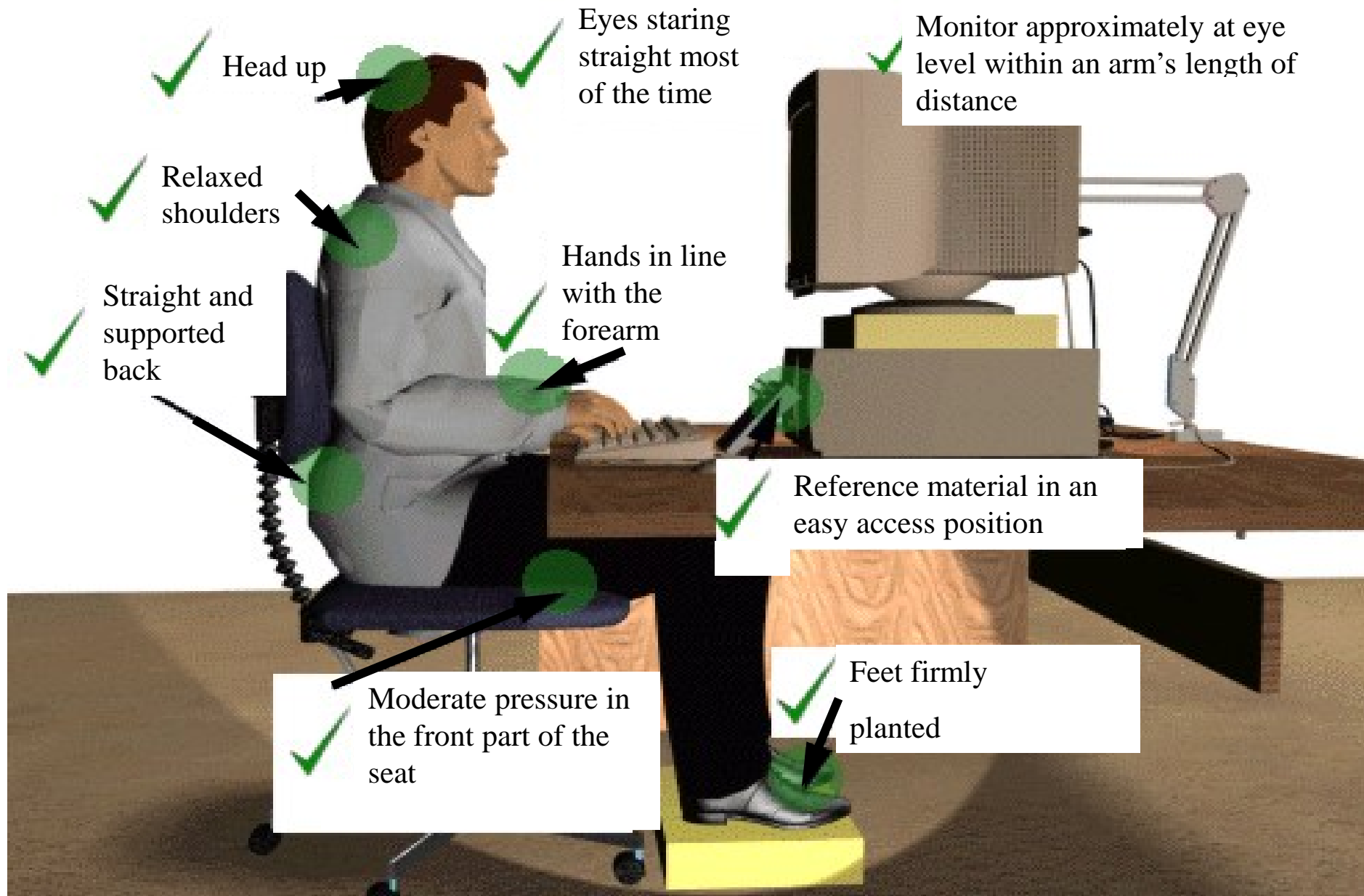
Is the likelihood of suffering an unwanted and adverse event during the performance of any work due to bad postures, repetitive movements, lifting.

**Ergonomic Risk Factors.-** Set of elements of a task that increase the likelihood of an individual or user to develop a muscular or skeletal injury.

# Mistakes made in the office!



# *Correct Positions*



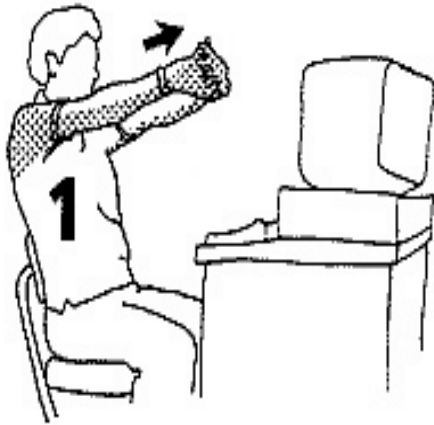


## *We take care of your health*

**TIPS:** Labor Gymnastics, Active Breaks. – are those recovery periods that follow psychological and physiological stressful periods generated from work. It is used to improve the quality of life of the employees, can be done every morning before starting work and during working hours every two or three hours, making this activity a life habit.

- One of the main causes to increase musculoskeletal tension are poor posture while working, it is important to correct positions in order to minimize the stress on the muscles.
- While performing any type of physical activity, you should pay close attention to your breathing; it must be deep and as rhythmic as possible.
- Breathing control. – plays an outstanding role in the benefits we get from doing Active breaks, these two instruments will help to cleanse, revitalize and purify the body, as it organizes the metabolism, heart rate and blood circulation.
- Exercises performed on the Active Breaks must last between 5 and 7 minutes.

## *Exercises for people that remain seated*



10-20 seconds 2  
times



10-15 seconds

- Remain seated in front of the computer for long periods of time, cause fatigue and shoulder, back and neck tension.
- Performe the following exercises every hour or every time you feel discomfort..



8-10 seconds on  
each side



15-20 seconds

- Try walking too. It will make you feel better.

## *Exercises for people who work in seated posture*



3 -5 seconds 3  
times



10-12 seconds each  
arm



10 seconds



10 seconds



8-10 seconds on  
each side



8-10 seconds each  
side



10-15 seconds 2  
times



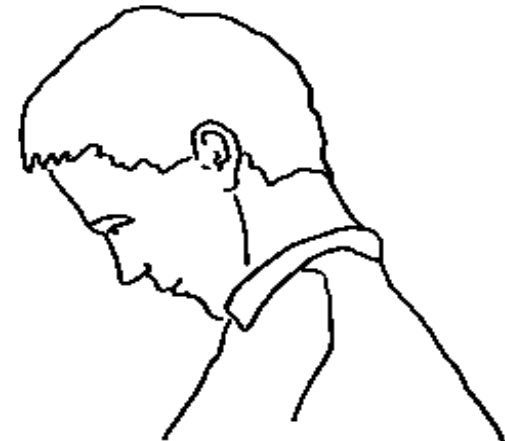
Shake your hands 8  
-10 seconds

# *Exercises for back and shoulders*



- Stand up
- Place your right hand over your left shoulder
- Rest your head back
- Do the same exercise with the right shoulder.

- Move your head sideways to slow cadence.
- Avoid sudden movements.
- Move forward and backward too



# Exercises for the hands

- The major risk factor for injury is having a static posture
- Try to spend 5 minutes away from the computer every hour
- Remember not only to relax stress points
- Incorporate exercise in your daily routine
- The following illustrations show simple exercises that will help minimize the risk of injury.



## Hand Exercises

- Squeeze and release your hands making fists
- Shake and stretch your fingers
- Repeat the exercise three times