

# COMENIUS PROJECT 2013-2015



# WE HAVE TWO TOPICS THIS YEAR:

- ✘ Ergonomics
- ✘ sounds and noises

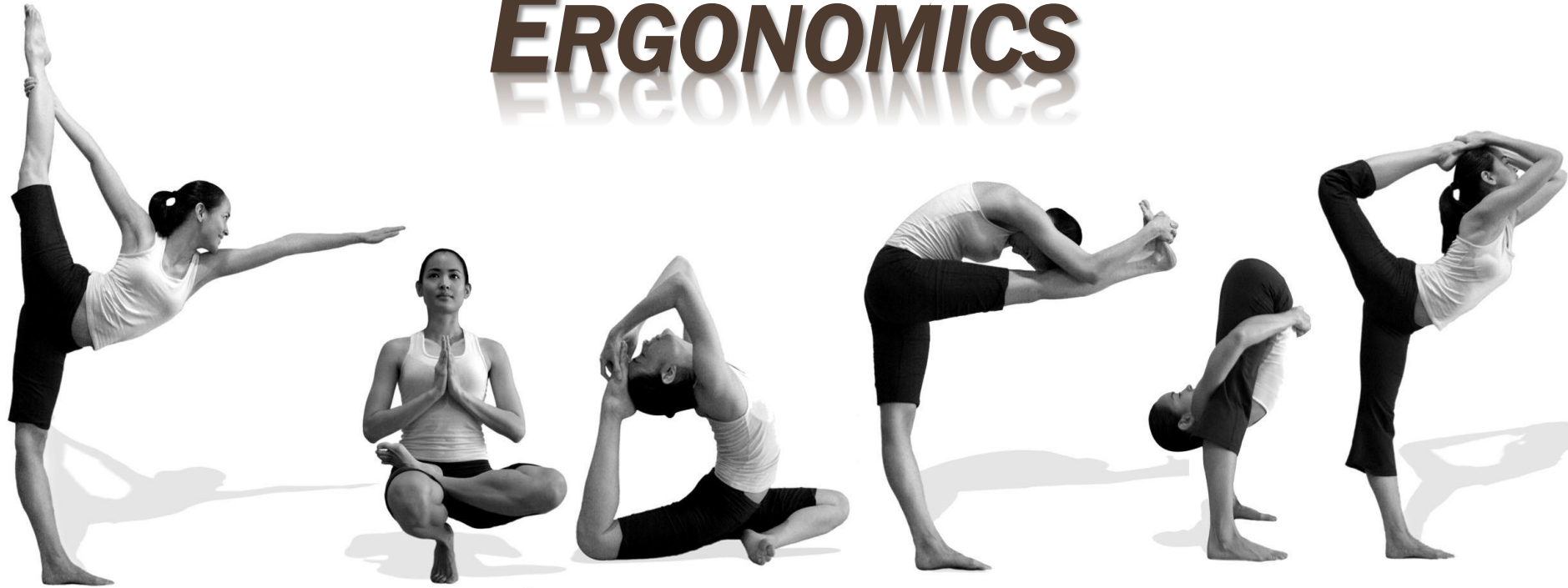
# TASKS TO CARRY OUT:

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- ✘ In the field of ergonomics students prepared Power Point presentations alone or in pairs. The theme is proper and improper postures, their consequences and the things one can do against them.
- ✘ We checked the weight of our schoolbags we carry every day and we represent the results in a chart.
- ✘ We give some good advice for proper postures
- ✘ In the field of sounds and noises we also carried out some measurements in school and outside school. We found out the noisiest place at school and in town as well. For this we made a chart too with illustrating pictures.
- ✘ We participated in a hearing examination of which results will be shown in a diagram.



# ERGONOMICS



# WHAT DOES ERGONOMICS MEAN?

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- ✘ an applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely —called also *biotechnology*, *human engineering*, *human factors*



# Five bad postures that can affect your health



## **1.Hunchback**

Pain: neck, shoulder, back

## **2.Rounded shoulder**

Pain: neck, shoulder, back

## **3.Over-Pronated Feet**

Pain: medial knee pain, hip pain, low back pain

## **4.Anterior Pelvic Tilt**

Pain: lower back (this tilt causes your stomach to protrude outwards even though you may not have belly fat)

## **5.Forward Head**

Pain: Neck

# THE ADVANTAGES OF PROPER POSTURES

- ✘ The muscles of your back will be strong enough and you won't put so much strain on your joints as a man who has improper posture.





# WHAT DO WE CALL „GOOD” AND „BAD”?

- ✘ Good posture: When your *back is straight*, your *arms to your sides* and *feet flat* on the floor
- ✘ While standing with the *back properly aligned* ("straight") the shoulders, hips, knees and ankles should be along the same plum line.

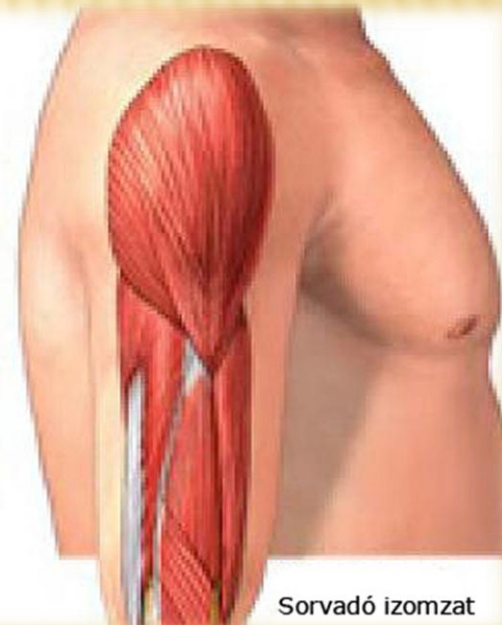


**Bad posture**: slumped in your chair, arms across your stomach, and barely opening your lungs.



# THE CONSEQUENCES OF IMPROPER POSTURES

- ✘ Muscle pain, muscular dystrophy, pain in the neck, headache, less oxygen, heart problems, tightness in chest



# HOW CAN YOU CORRECT IT?

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1. The first and the most important thing is that you have to make a decision. You always have to **pay attention to your postures**, even if you're tired and after a given time **you will get used to the right posture**.
2. The second ones are the exercises that you should do, like **'pilates' or 'yoga'**.



# 1. Identify good posture!

Good posture is nothing more than keeping your body in alignment. Good posture while standing is a **straight back, squared shoulders, chin up, chest out, stomach in**. If you can draw a straight line from your earlobe through your shoulder, hip, knee, to the middle of your ankle—you've got it.



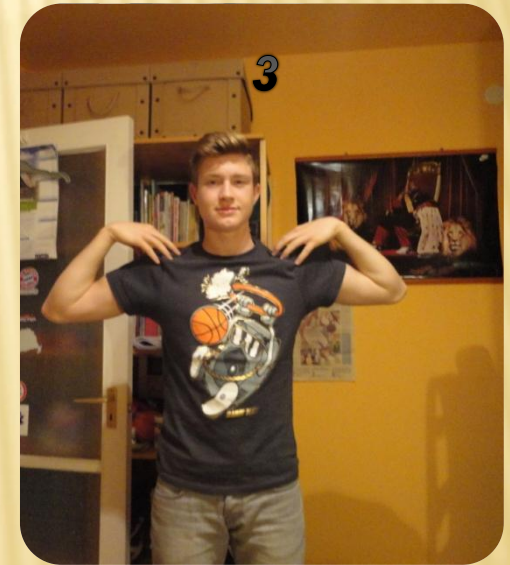
# 2. Train your muscles to do the work!

Exercises that strengthen the muscles across your upper back and shoulders will help you to maintain good posture.



# 3. Be a penguin!

While you wait for a web page to load or the bread to toast, place your elbows at your side, and touch your shoulders with your hands.





## **4. Do stretches!**

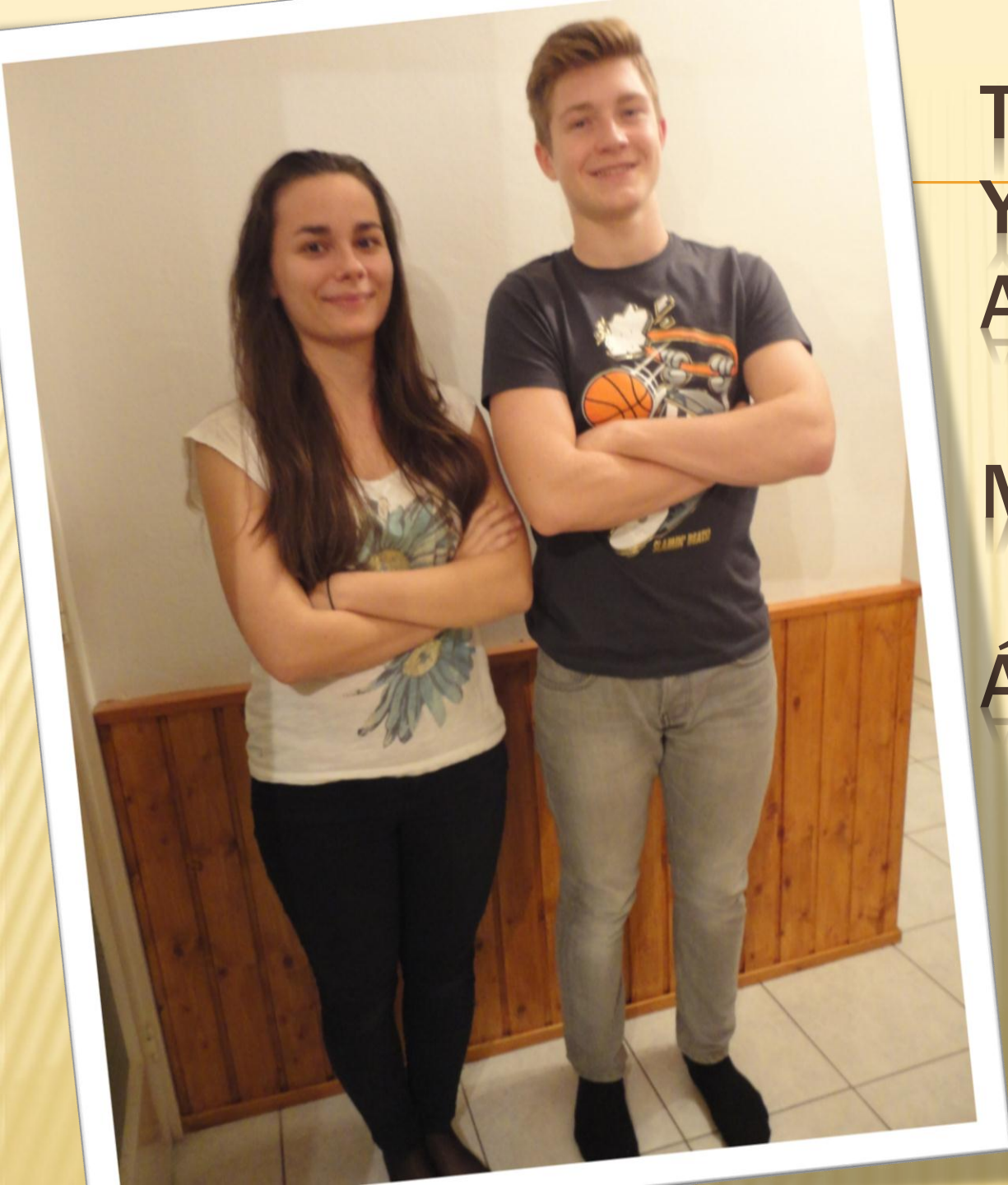
This can greatly help if you find that you have a sore back or neck. It's also good to do during the day, if your job requires you to sit for long periods.



## **5. Practice yoga!**

Yoga is excellent for posture, and for your health in general. It can also improve your balance. Yoga works your core muscles, making them stronger and helping you to keep a proper body alignment.





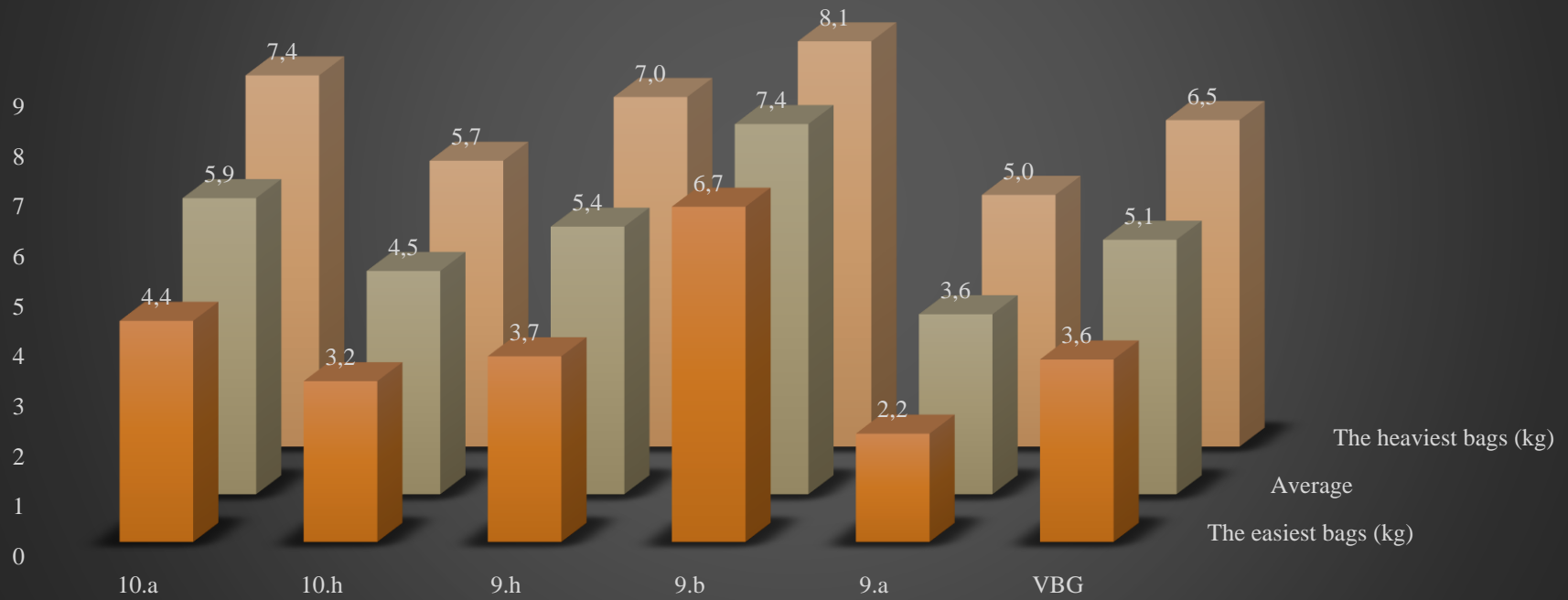
**THANK YOU FOR  
YOUR  
ATTENTION! 😊**

**MÁRTA VIDÉKI**

**ÁDÁM GOMBOS**

# WEIGHT OF SCHOOLBAGS:

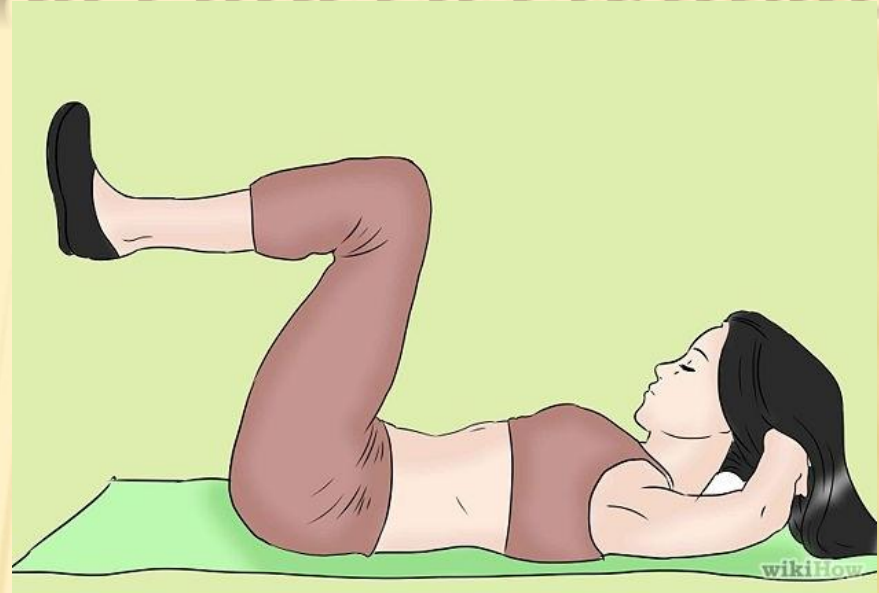
## THE AVERAGE WEIGHT OF SCHOOLBAGS IN DIFFERENT CLASSES





# TWO EXERCISES FOR PROPER POSTURE:

Try these tip:



- ✘ Lie on your back, with your legs bent to about 90 degrees at the knee, and your feet on the floor.
- ✘ -Pull your belly-button towards your spine and holding it at the end. This is a different type of contraction than crunches.
- ✘ -Hold for ten seconds, repeat eight times. Repeat it daily.
- ✘ -Breathe normally during this exercise, as you are training your core to be able to maintain this position during normal activities in daily life.

## 2. TIP

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Lie down on the floor, and stretch your hands sidelong while placing your forehead on the ground. Lift up your head and trunk from the floor, then put them back slowly.





# MOVING OUR BODIES

Now we're going to do some exercises that you can also try out on any lessons if you get tired.



# THE ARM-ALPHABET (ACTIVATION, COORDINATION)

**L = raise left arm**

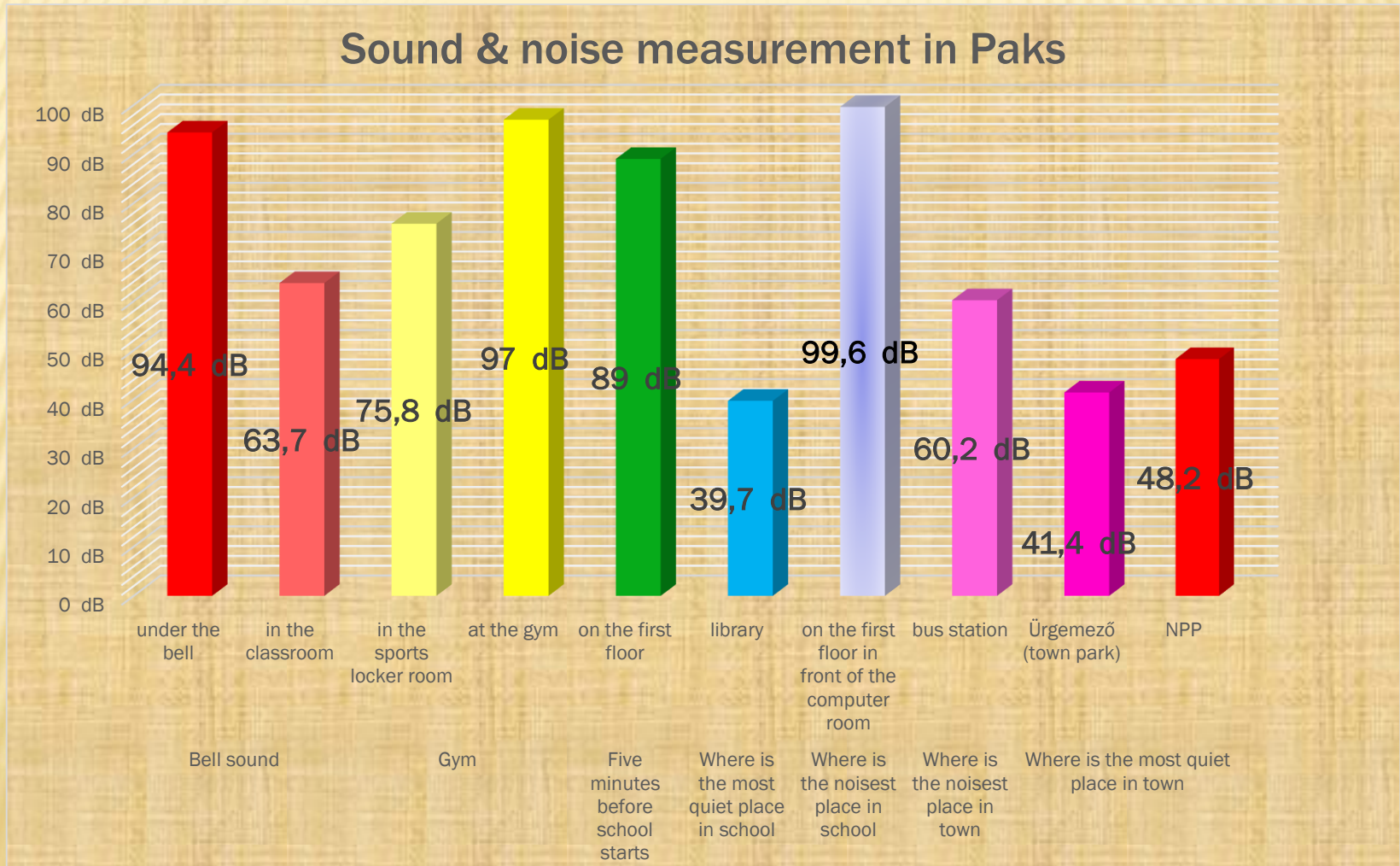
**R = raise right arm**

**Z = raise both arms together**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<i>L</i>	<i>R</i>	<i>Z</i>	<i>R</i>	<i>Z</i>
<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<i>L</i>	<i>L</i>	<i>R</i>	<i>Z</i>	<i>R</i>
<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>	<b>O</b>
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<b>P</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>
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<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>
<i>Z</i>	<i>R</i>	<i>Z</i>	<i>L</i>	<i>R</i>



# NOISE MEASUREMENTS IN PAKS



# THE NOISEST PLACE AT SCHOOL: FIRST FLOOR





# THE MOST QUIET PLACE AT SCHOOL: LIBRARY





# THE MOST QUIET PLACE IN TOWN





# THE NOISEST PLACE IN TOWN: BUS STATION



# THE EARLY SYMPTOMS OF HEARING DAMAGE

- You hear as if people were muttering, or at least speaking a lot quieter than before.
- **You listen to the radio and the TV more loudly than others.**
- You hear the talk of people but he doesn't understand it.
- **You often ask people to repeat what they say.**
- You do not always hear clearly the sound of the doorbell or the mobile phone.
- Family, colleagues or friends already say to you that there might be a problem with your hearing.
- Recently you hardly understand the person giving a speech at corporate meetings or other meetings
- You specially hardly understand women and children's words.
- **You often have ringing in your ears.**
- It has occurred that you perceive mild, repressed sound, after you are exposed to strong noise.
- You hardly understand what people say, after You leave a noisy zone.



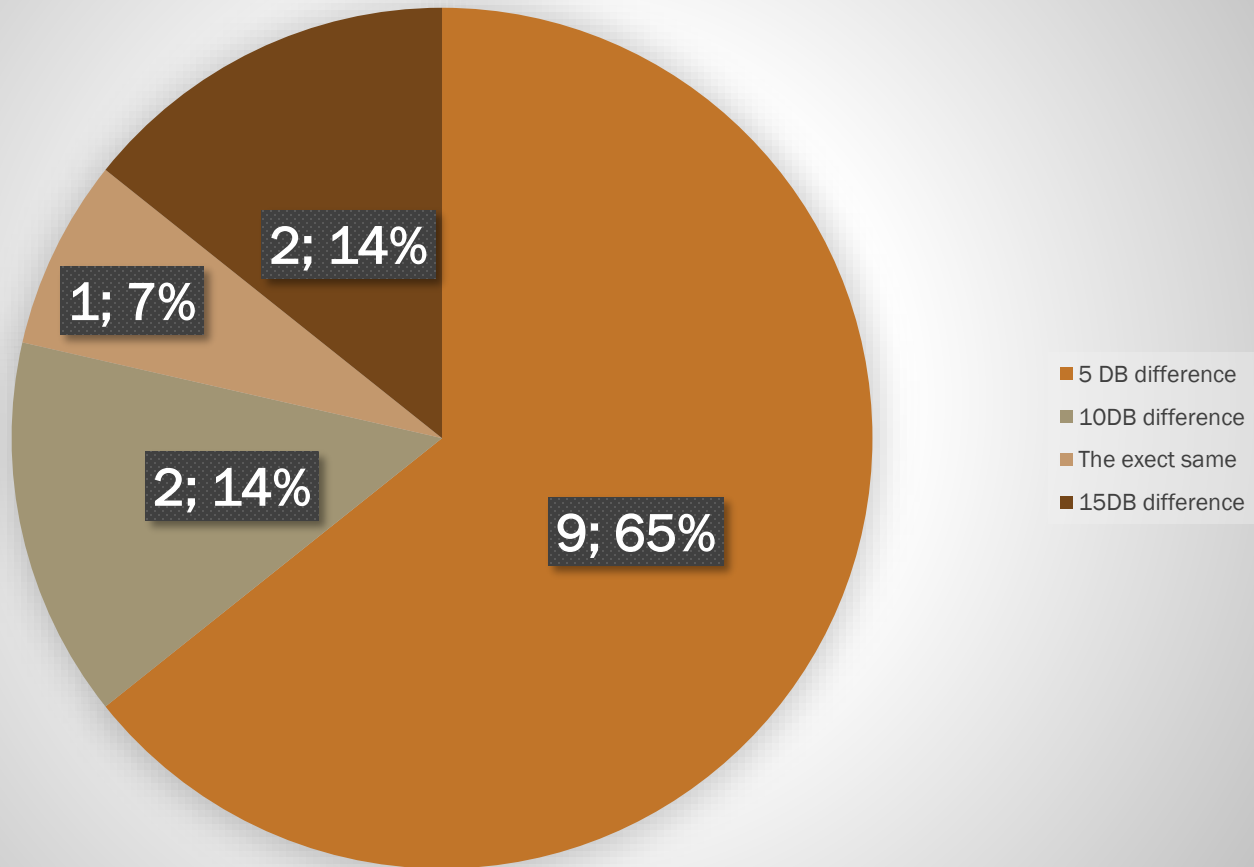
# **PREVENTION OF HEARING LOSS:**

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- **Pay attention to the noise level in the workplace!** If sound effects cross the 85 decibel, reduce noise or wear a protective device!
- **Turn down the television, radio and music player. In particular, be careful when using a headset.**
- Make sure that you do not turn up the speakers in the car, just to suppress the engine and road noise.
- **Take a break in listening to music so that ears can relax and do not stand directly in front of speakers.**
- We should wear earprotection or earplugs if we use extremely high sound devices for example drill, lawnmower
- We do not use cotton wool as earplugs . It may back pressure the earwax to the eardrum and it lead to more intense production which impers the eardrum.
- We do not put our fingers or towel into our ears. It may move back the earwax into the eardrum or hurt the skin.
- We should avoid ear cleaning when you do not use clear water to avoid infections.

# HEARING TEST

Hearing Test (out of 14 people)





Thank you for your attention! 😊

