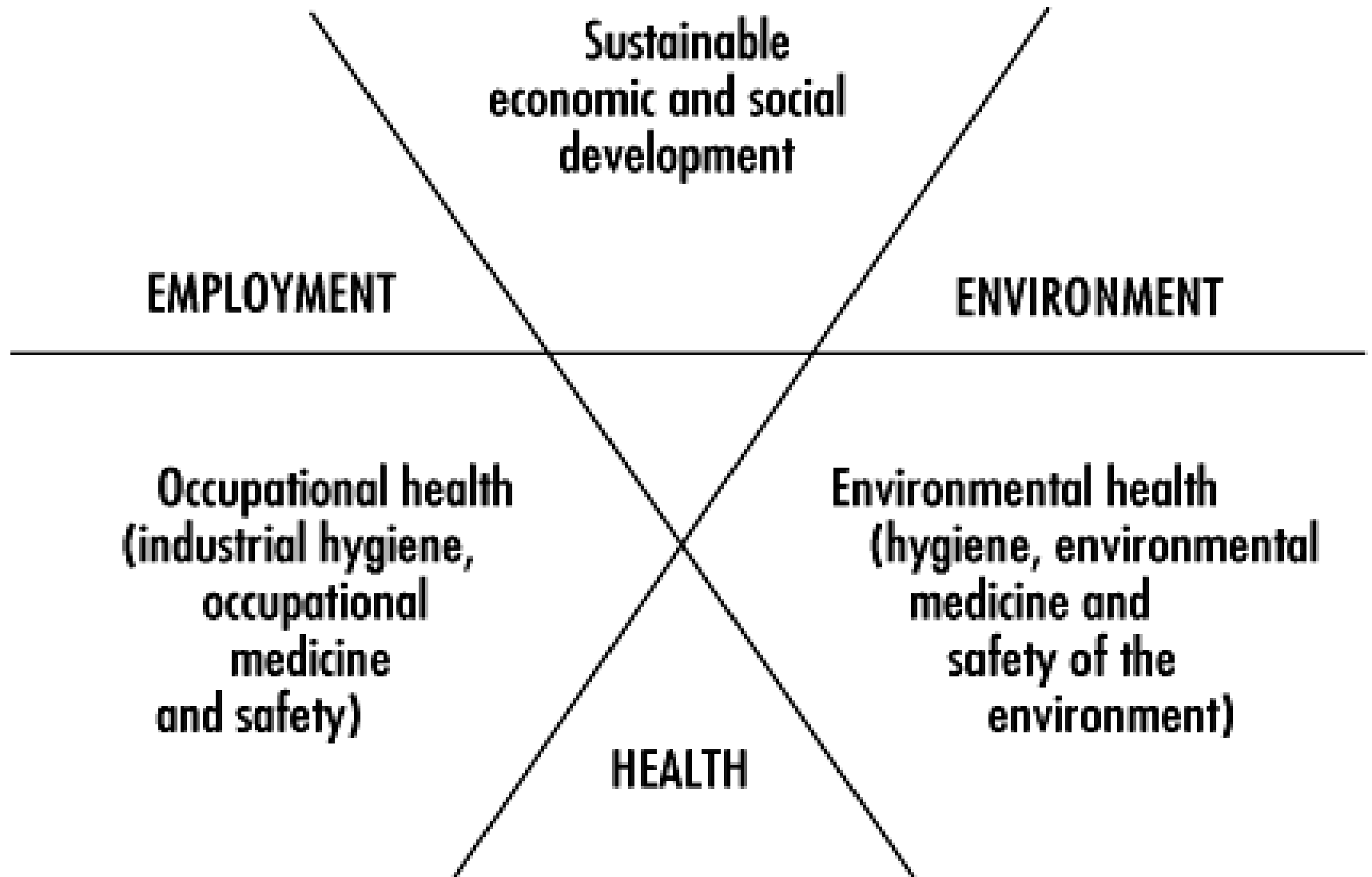


Faculty of Physical Therapy View

Development Of Gelvina Village
A Rural Poor Village in Al Sharqya
Governate

Ergonomics (Occupational and Health Safety)



Occupational Safety and Health

- **Occupational safety and health** (also commonly referred to as **occupational health and safety**) is an area concerned with protecting the **safety, health and welfare of people engaged in work or employment**. The goals of occupational safety and health programs include to foster a safe and healthy work environment. **OSH may also protect co-workers, family members, employers, customers, and many others who might be affected by the workplace environment.**

How many hazards can you find?

5 Fall from heights

6 Quad bike no helmet or roll over protection

2 Unguarded auger

9 Smoking while filling the truck

4 Farmer standing on unstable platform

3 Over-crowded sheep pen

1 Chemical storage

11 Trying to mount a horse using fence

8 Farmer lifting hay bale

10 Cutting tree down unsafely

7 Kids playing near water

CLEAR ALL

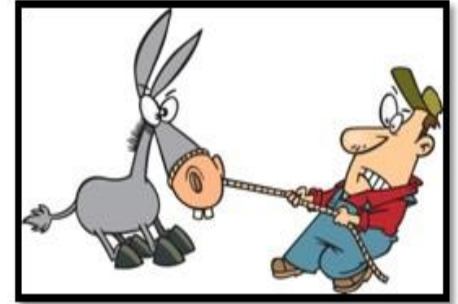
Visit www.safework.nsw.gov.au
for more information or call
Customer Experience on 13 10 50



Carrying Objects



Pulling Objects



Children Safety at School and Home

HOME SAFETY



- **Never stick your fingers or any object into an electrical outlet or light bulb socket.**



- **Never use any electrical appliance if you are wet.**

HOME SAFETY



Do not cook in the absence of your mother or elders at home.

ROAD SAFETY



- You should not cross the street walking between parked vehicles.



- You should always cross the street walking through pedestrian crossing .

PERSONAL SAFETY

- **You should not play in isolated areas of parks and playgrounds.**



PERSONAL SAFETY

TOUCHES AND FEELINGS:



BAD TOUCH

- **Hitting, slapping, punching.**
- **Kissing on the mouth.**
- **Makes you feel scared/nervous/ashamed.**
- **Told to keep it a secret.**
- **Touching areas covered by a swim suit.**

PERSONAL SAFETY



- **Never hide anything from your parents.**
- **Always share your feelings, fear and concerns with them.**

Postural Alignment

Thoracic extensor muscles work to support weight of the arms



Neck muscles activated to keep head steady

Abdominal muscles activated to steady trunk

Lifting the arms activates the core muscles

Women Health

- Since birth until elderly
- All preventive and treatable measures
- Osteoporosis, Muscle aches, arthritis, musculoskeletal problems
- Obesity and chronic diseases
- Antenatal care classes during pregnancy
- For Postmenopausal classes

Elderly

- To keep safe, independent and productive
- Reablement, Readjustment and Rehabilitate
- Approaches to all diseases
- Preventive and treatable measures
- To be fit and healthy as much as possible