

# Physical strains in the classroom



Introduction

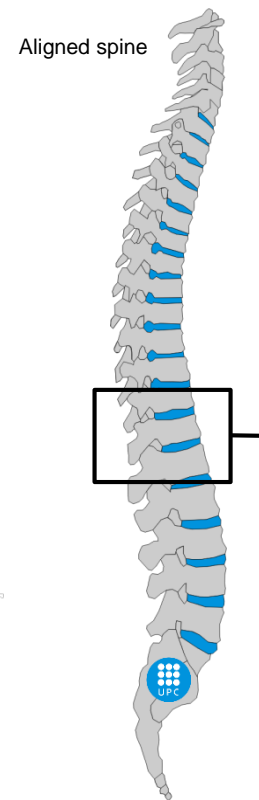
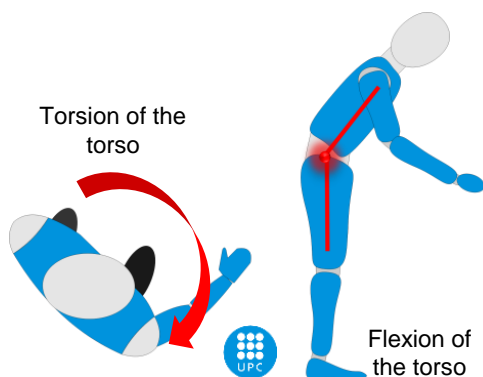
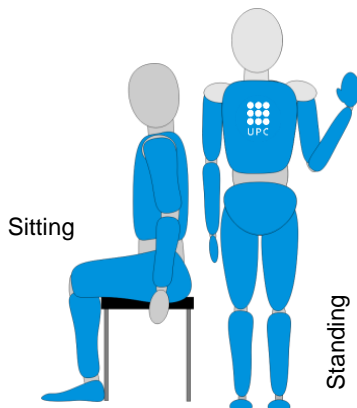
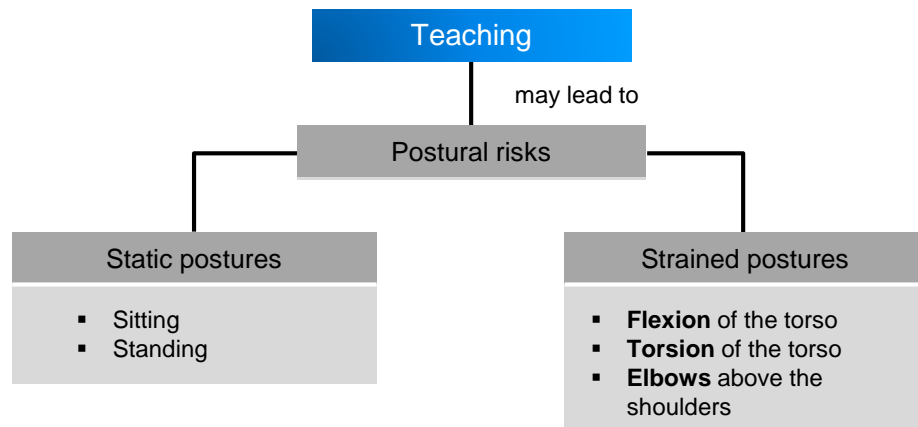


Risk factors



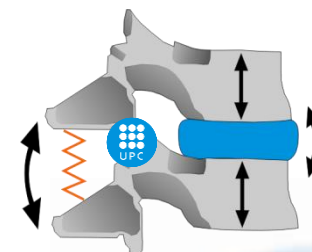
Recommendations

## Risks resulting from physical work load (posture) in teaching



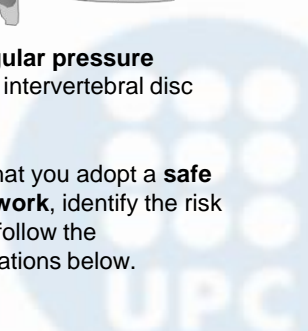
The risks arising from a **strained posture at work** may be due to **lack of alignment** of the joints.

Adopting **safe postures** will not hurt your back.



**Regular pressure**  
Aligned intervertebral disc

To ensure that you adopt a **safe posture at work**, identify the risk factors and follow the recommendations below.



## Physical strains in the classroom

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Introduction

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Risk factors (1/3)

3



Recommendations

Identify postural **RISK FACTORS** during teaching in the classroom.

**Risk factors** are circumstances or situations that can cause or lead to increased risk.

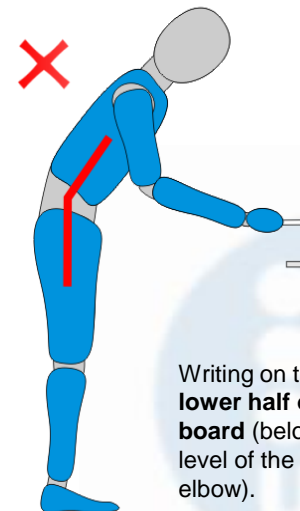
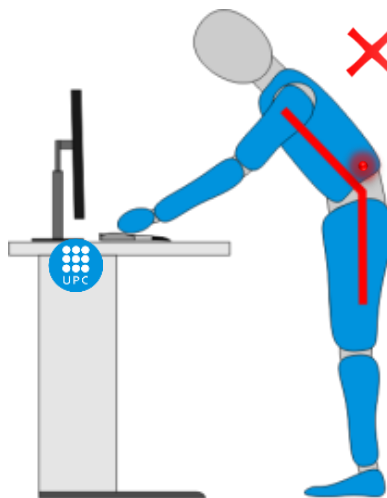
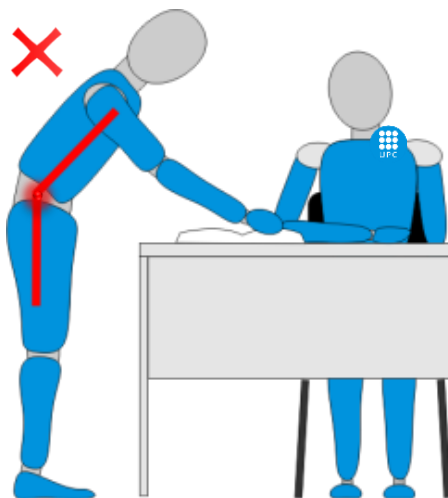
Risk factor: flexion of the torso

**Attending to students** at the study desk

**Prolonged or frequent flexion** with the torso inclined by **more than 20°**.

**Computer tasks** in a **standing** position

**Writing tasks** on the **lower half of the board**



Writing on the **lower half of the board** (below the level of the elbow).

## Physical strains in the classroom

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Risk factors (2/3)

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Recommendations

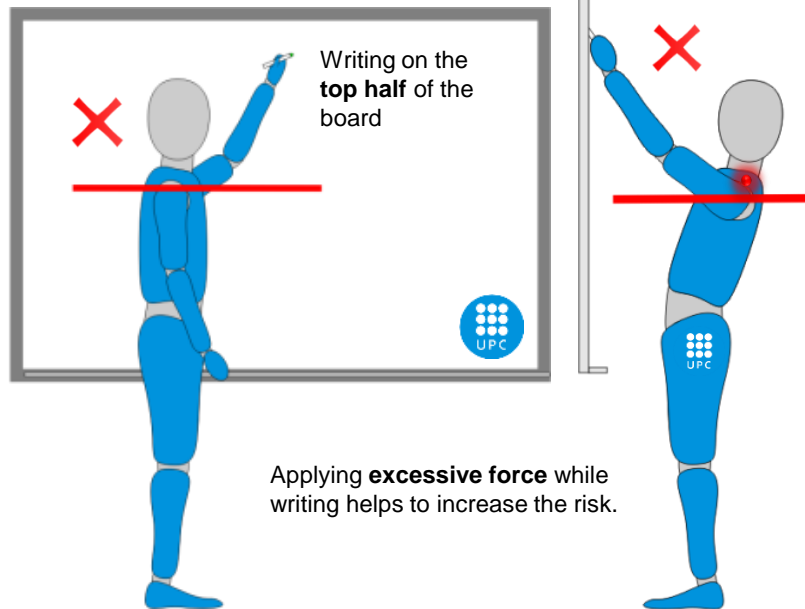
Identify postural **RISK FACTORS** of teaching in the classroom.

Risk factor: elbow above the shoulders

Risk factor: torsion of the torso

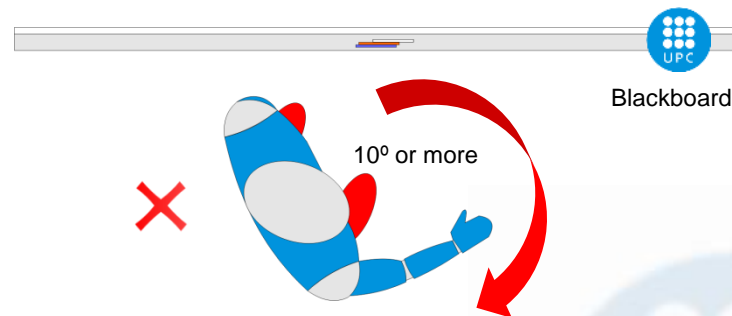
Writing on the board

Working **often** with the **elbow above the shoulder**.



Communicating with students while you are writing on the board.

**Prolonged** or frequent torsion with the torso at an angle of more than **10°**.



Talking to students while writing on the blackboard by **twisting your torso**.



## Physical strains in the classroom



Introduction



Risk factors (3/3)

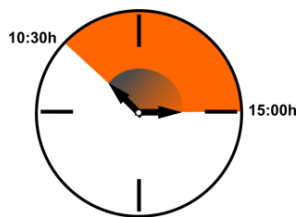


Recommendations

Identify postural **RISK FACTORS** of teaching in the classroom.

Risk factor: static working postures (sitting and standing)

Static standing or sitting for **long periods of time** and **without changing** position.



> Standing for **1 hour**  
> Sitting for **2 hours**

The **lack of a change** in posture (standing/sitting) and **static standing** (working in a standing position without wandering about) are elements that **generate a risk** or contribute to increasing it.



Static standing for long periods of time



**Lack of change in posture** (standing/sitting) and lack of mobility (walking)



Static sitting for long periods of time



Static posture

## Physical strains in the classroom



Introduction



Risk factors



Recommendations (1/3)

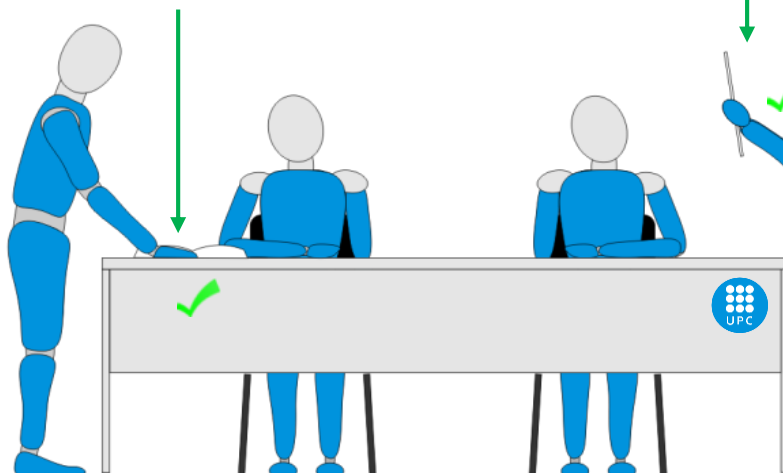
Follow the **POSTURAL RECOMMENDATIONS** to **avoid bending** your torso for a long period or repeatedly.

### Flexion of the torso

Make sure that you keep your **torso aligned** while you are attending to students:

- Avoid continually bending your torso.
- Avoid inclining your body at an angle of more than 20°.

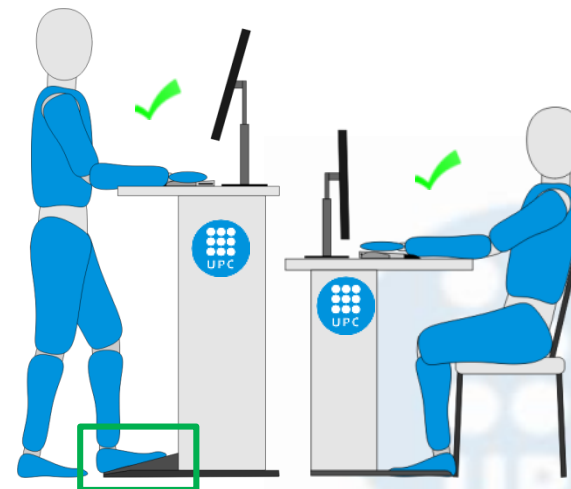
To avoid straining your back, make sure that you have **something to lean on**.



**Lifting documents** from your desk helps you to adopt a safe posture.



Make sure that you sit down when the height of the work surface obliges you to bend your torso for a **long period** or **repeatedly** (> 2 times/minute).



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Risk factors

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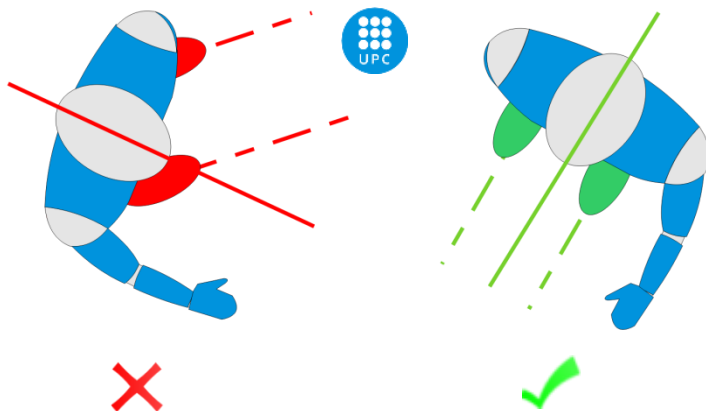


Recommendations (2/3)

Follow the **recommendations** to **avoid bending** your torso for a long period or repeatedly.

### Torsion of the torso

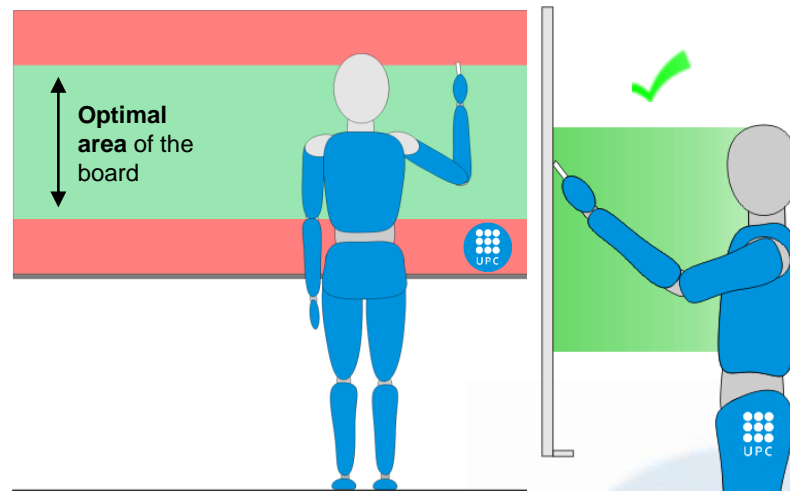
If you need to address the students while you are **writing on the board**, make sure that you turn **your body at the same time as your feet**.



**Torsion of the torso of more than 10°** and excessive twisting of the neck. The torso and head are not aligned with the feet.

The **feet**, the **head** and the **torso** must move **simultaneously**. This ensures that safe, neutral postures are adopted.

### Elbow above the shoulders



To ensure a **safe posture** while you are writing on the board, make sure that you write:

- **Below the level of your head**, and
- **Above the level of your elbow**.

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Introduction



Risk factors



Recommendations (3/3)

Make sure that you adopt **dynamic postures** while working.

### Static and inappropriate postures

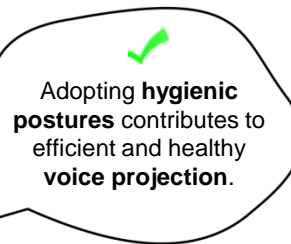
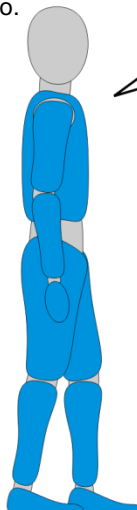


Make sure that you sit so that **your back is supported** by the back of the chair.



**Avoid hunching.**

Align your head, neck and torso.



Adopting **hygienic postures** contributes to efficient and healthy **voice projection**.



**Make sure that you walk around the classroom and avoid standing without moving** for long periods of time.



To relax your back, place **one foot slightly forward** and alternate the foot you use for support.



**Combine standing with sitting.**

