

## Zdravje na delovnem mestu

**Slavica Bajuk**, dipl. fiziot.; **Nada Naglič**, dipl. fiziot.; **Sonja Kokalj**, dipl. fiziot.; **Julija Ocepek**, dipl. del. ter., MSc OT; **Andrejka Fatur - Videtič**, dr. med., spec. med. dela prometa in športa

Univerzitetni rehabilitacijski inštitut RS - Soča, Ljubljana, Slovenija

**Korespondenca/Correspondence:** Slavica Bajuk; e-pošta: slavica.bajuk@ir-rs.si

**Uvod:** V prispevku prikažemo preventivni izobraževalni program Zdravje na delovnem mestu, katerega namen je ohraniti prožno in zdravo hrbtenico za zdravo telo za delo in življenjske aktivnosti. Premalo fizične aktivnosti in skrbi za mišično moč, gibljivost in koordinacijo je najpogostejši vzrok za bolečino v hrbtenici, zato je vsebina programa usmerjena v motiviranje udeležencev za aktivno življenje in športne aktivnosti. Že leta 1958 je v Kanadi dr. Fahrni (1) razvil koncept edukacije za svoje paciente. Razvil je več tehnik za sprostitvev, mehaniko gibanja, razbremenilne položaje in edukacijo obvladovanja bolečine v hrbtenici. Leta 1969 je nastala Švedska šola proti bolečini v hrbtenici v tovarni Volvo (2). Model je bil zelo uspešen pri vračanju delavcev na delovno mesto. Znano je, da je za paciente, ki v enem ali dveh mesecih ne zmanjšajo bolečine, bolj verjetno, da razvijejo kronično bolečino (3). **Metode dela:** Leta 2011 smo preventivne izobraževalne programe vključili v delovne organizacije Zavod za zaposlovanje RS, Zavarovalnico Triglav in Domel v obliki delavnice. Vsebina delavnice se je prilagajala glede na način dela udeležencev, ki ga opravljajo. Delavnice so trajale dve uri. Zdravnica je predstavila uvodni del namena raziskave, fizioterapevtka preventivo na delovnem mestu in praktično izvedbo vaj, delovna terapevtka pa ergonomsko urejenost na delovnem mestu. Fizioterapevtski del delavnice temelji na vsebini Šole proti bolečini v hrbtenici, ki poteka v okviru fizioterapevtskih programov na URI - Soča od leta 1990. Vsebina je razdeljena v teoretični in praktični del. Cilji so zmanjšanje bolečine, preprečitev ponovne epizode bolečine v hrbtenici in aktivna skrb za lastno hrbtenico. Teoretični del vsebuje anatomijo in funkcijo hrbtenice, biomehaniko gibanja pri gibanju v različnih položajih, optimalno držo in ergonomijo. Praktični del pa vsebuje učenje pravilne drže, vzravnane drže pri sedenju, pravilnega pobiranja bremen, razbremenilnih položajev, samovleka in tehnike samopomoči, vaje za sproščanje in stabilizacijo ter vaje za moč, gibljivost in koordinacijo. **Rezultati:** Od leta 2011 je bilo v izobraževanje vključenih 1384 udeležencev iz različnih delovnih organizacij. V anketi udeleženci navajajo visoko zavedanje, da je znanje za ohranjanje zdravja pri delu pomembno (povprečna ocena 4,77 od 5), da je bila delavnica dobra in vsebina primerno izbrana glede na njihove potrebe na delovnem mestu (4,6) in da je bilo sodelovanje na delavnici koristno (4,75). **Zaključki:** Preventivni programi v delovnih organizacijah s prilagojeno vsebino glede na njihove potrebe in način dela so se pokazali kot zelo uspešni in so spodbuda k aktivni skrbi za zdravje na delovnem mestu.

**Ključne besede:** fizioterapija, izobraževanje, preventiva, delovno okolje, vadba.

## Health in the work place

**Introduction:** In this paper we present the preventive education program »health in the work place« to keep flexible and healthy spine for a healthy body for work and life activities. Lack of physical activities and care for muscle strength, flexibility and balance are the most common causes of back pain. For this reason, the program is aimed at motivating participants for an active life style and sporting activities. In 1958 dr. Fahrni (1) in Canada developed the concept of educating his patients. He developed a lot of techniques for relaxing, movement, resting positions, and training in managing back pain. In 1969 the Swedish Low Back School was developed in the Volvo factory (2). This model was very successful in returning workers to their jobs. It is known that in patients that do not reduce pain in one or two months' time probability of developing chronic pain is a lot bigger (3). **Methods:** In 2011 we prepared the preventive educational program for work organisations Zavod za zaposlovanje RS, Zavarovalnica Triglav and Domel in the form of workshops which are customized based on the work environment and work done. Workshops last 2 hours. A doctor presents the introduction, a physical therapist presents preventive measures and practical execution of exercises, and an occupational therapist presents ergonomics in the work place. The physical therapist's part is based on the Back school program that has been implemented at URI-Soča since 1990. The content is divided into theoretical and practical parts. Goals are to reduce pain, prevent re-occurrence and care of the spine. The theoretical part includes anatomy and function of the spine, biomechanics of movement in various positions, optimal posture and ergonomics. The practical part includes correct posture training, good posture while sitting, correct ways to pick up loads, resting positions, auto traction and self-help, and exercises for relaxation, stabilization, strength, flexibility and balance. **Results:** Since 2011, 1384 employees from various work organisations have attended these workshops. The survey's results show that participants had high awareness that knowing how to keep healthy in the work place is important (average 4.77 out of 5), that the workshop was suitable and the content appropriate considering their work place (4.60), and that participation in the workshop was beneficial (4.75). **Conclusions:** Preventive programs in work organizations where the content is customized based on their needs and work environment have shown to be very beneficial and encourage employees to be active and care for maintaining health in the work place.

**Key words:** physiotherapy, education, prevention, work place, exercise.

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