

NASI LEMAK SHARING :

Bagaimana Cegah Sakit Belakang

Workstation ?



Tarikh : 17 Feb 2020

**Tempat : Al Raniri, Jabatan Pengurusan Sumber dan Pengajian Pengguna,
Fakulti Ekologi Manusia, UPM**

Masa : 8.30 pagi - 12.30 tghari

Penceramah : Dr. Irwan Syah Md Yusoff

Betul ke ne...

Boleh ke...

**BOLEHKAH DUDUK
TERLALU LAMA
MENYEBABKAN
SAKIT BELAKANG?**

Ehhh x akan lah..
duduk jer pun

Bagaimana....

Takut nya..





ADAKAH ANDA SERING MERASAKAN
BACK PAIN KETIKA **WORK** FROM **SITTING**
ALL DAY?



Adakah anda **FREQUENTLY**
mengerakkan **SHOULDERS** =
ROUNDING/up and down

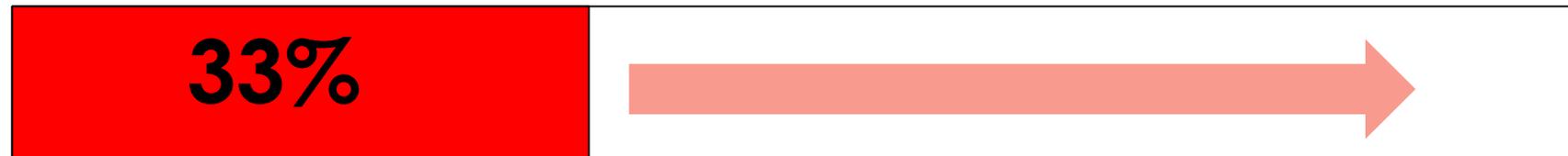


These common
maladies are
called
**MusculoSkeletal
Disorders
(MSDs)**



FAKTA..

Kira – kira hampir



Semua ruang kerja mengalami kecederaan

2013 – 2020?



Fakta..

AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS ESTIMATES

60-80%

of people will experience
back pain during their lifetime.

1 in 50

people will experience a
herniated disc, which is the
leading cause of sciatica.

Age 30-50

men are the most likely group
to develop herniated discs.

HUBUNGAN POSTUR DUDUK & SAKIT BELAKANG

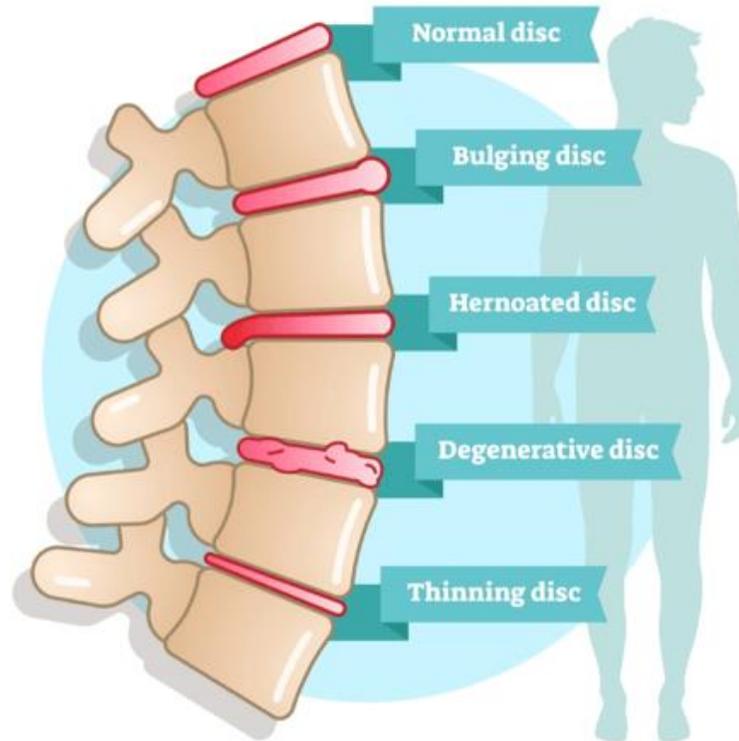
Disc tulang belakang mengandung air dan bahan chemical dikenali **glycosaminoglycans** = menahan daya mampatan

Duduk dalam waktu panjang Menolak kandungan air keluar daripada disc

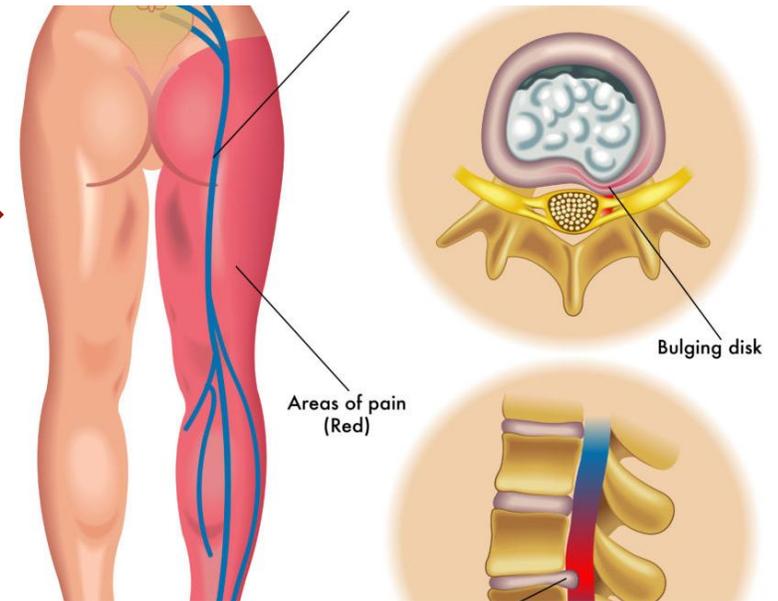
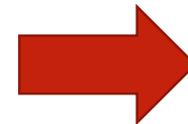
Punca discs bonjol (bulge) & akan memberi tekanan pada saraf tulang belakang
Dikenali = **Sciatic nerve pain**



Normal spine

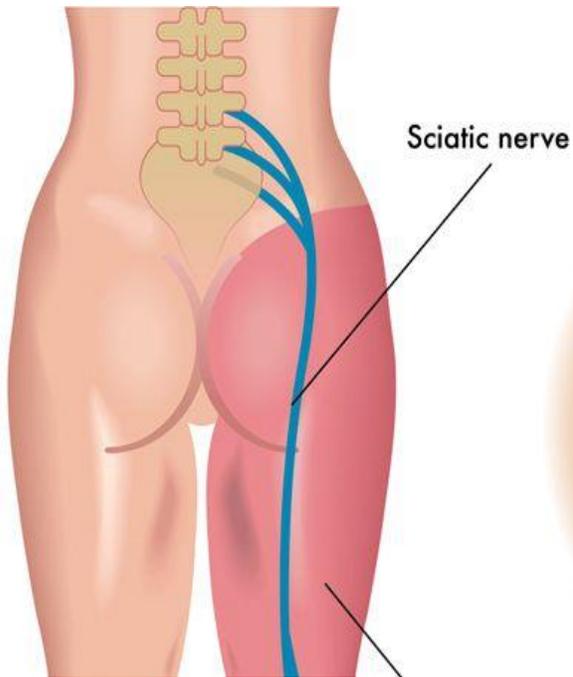


Tekanan/awkward

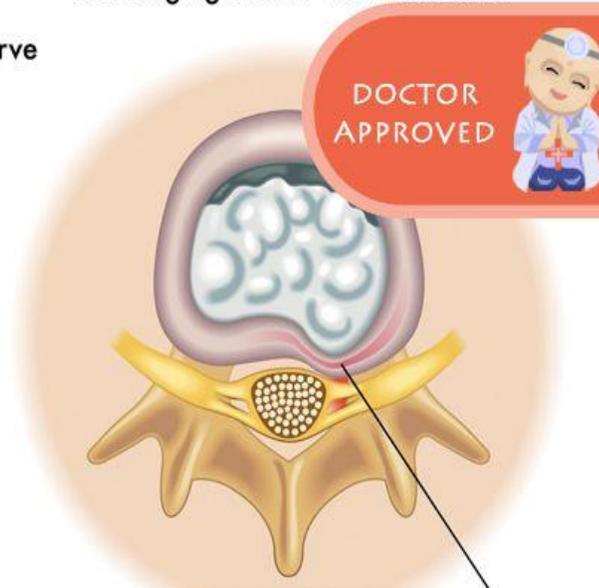


Kesan/ simptom

KARAKTER SCIATIC NERVE PAIN



The most common cause of sciatica is a bulging disk or herniated disk



Salurkan kesakitan,
kekebasan, kesemutan/kaki rasa lemah

Kesakitan = bangun
Kesukaran berjalan

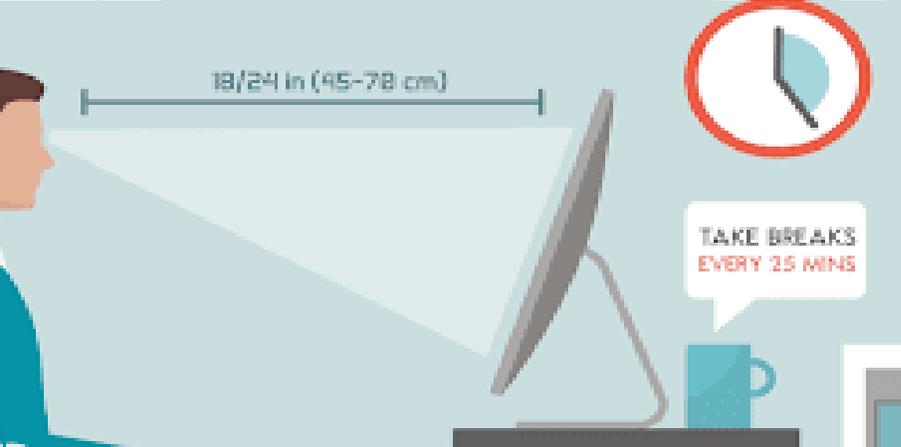
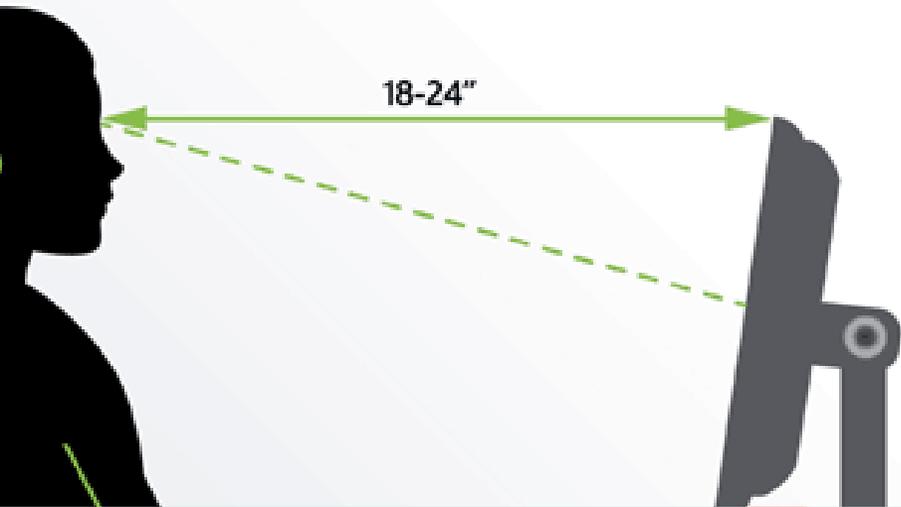
ERGONOMIC PRAKTIS

4 TIPS

1

Setting up your screen

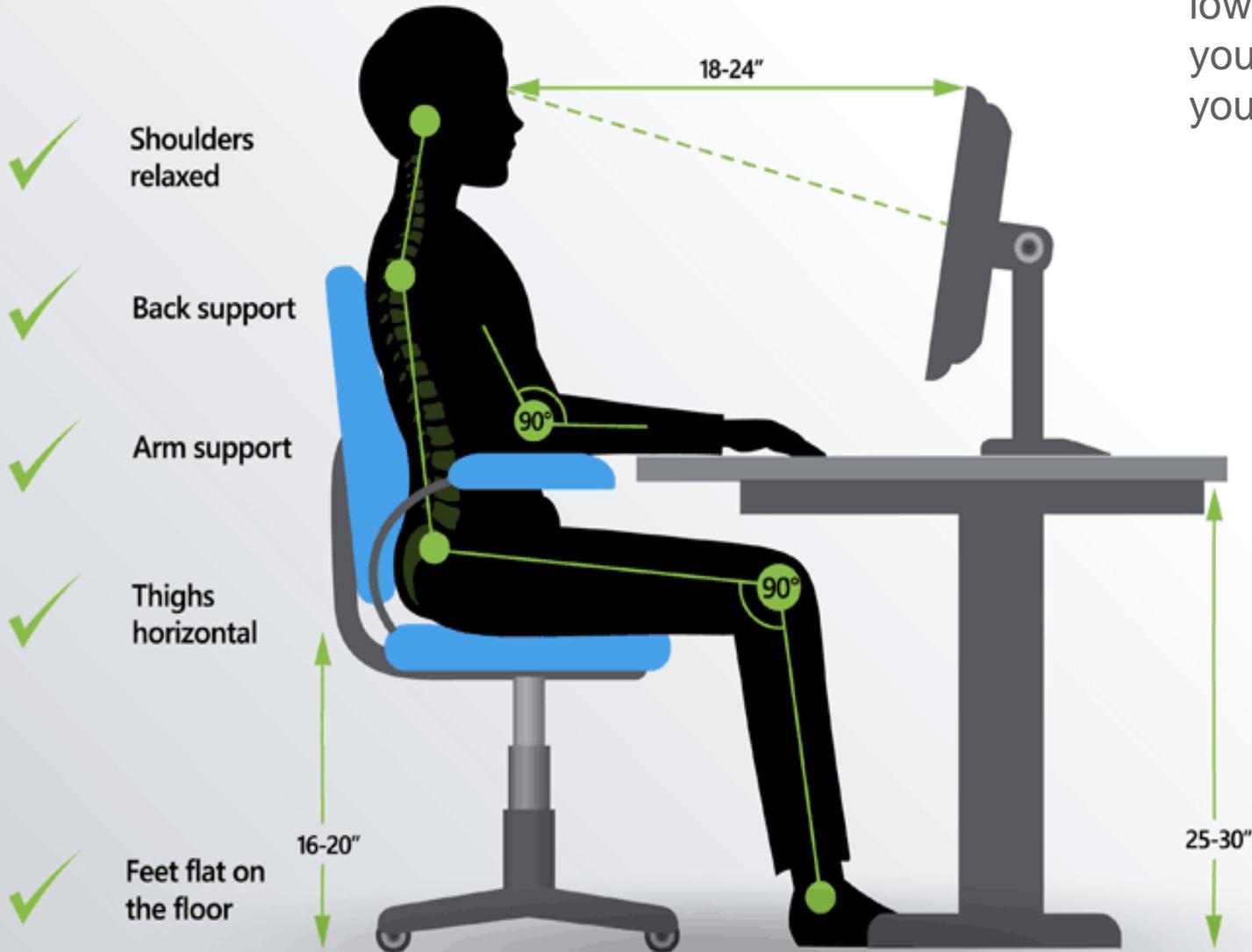
The top of the screen should be set at eye level



2

Ergonomic chair

chair with a backrest that supports the curve of your lower (lumbar) back. Sit back in the chair and position your thighs horizontal to your knees at hip level. Rest your feet comfortably on the floor or on a footrest.



3

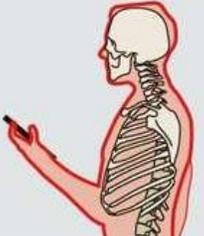
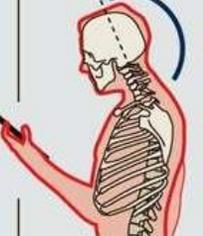
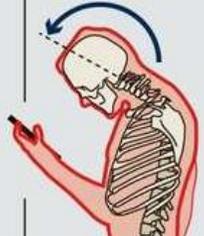
Avoid cell phone when answering emails

- avoid cell phone or tablet use when answering emails?
- spending more than a few minutes answering an email it's best to sit at a desk on your computer with proper posture.



How texting could damage your spine

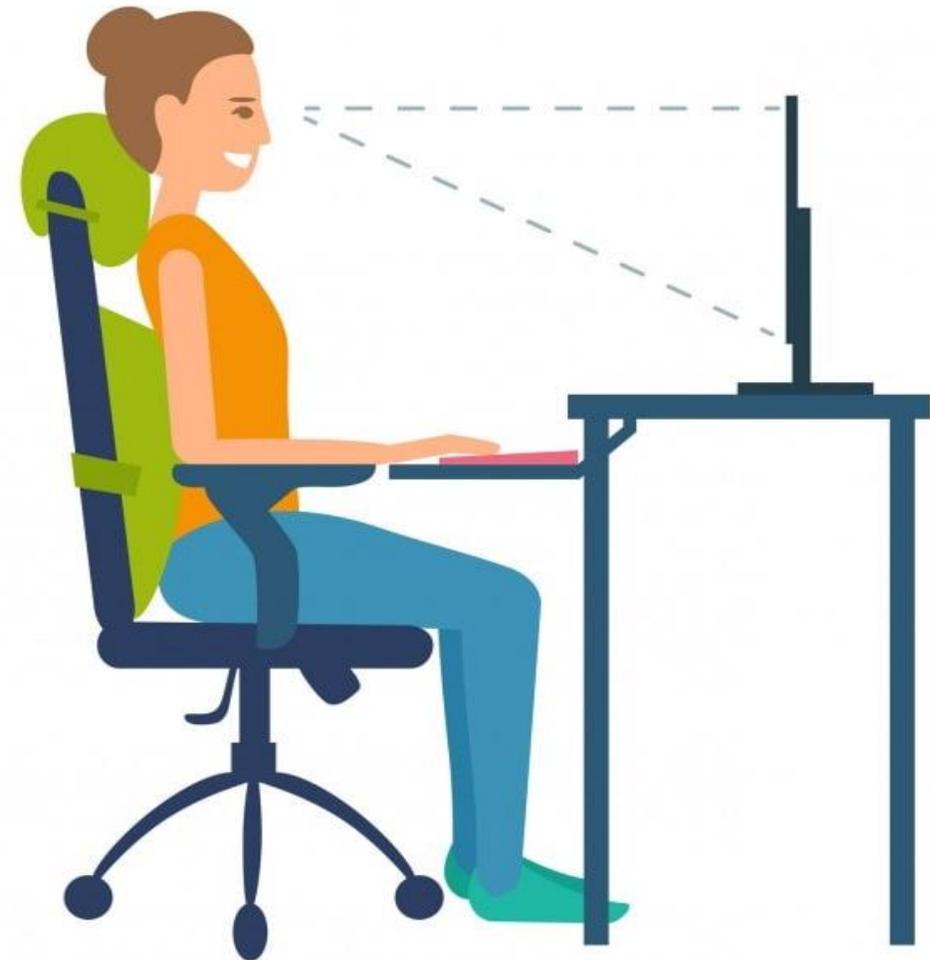
Forces on the neck increase the more we tilt our heads, causing spine curvature

Force on neck	10-12lb	27lb	40lb	49lb	60lb
Neck tilt	0 degrees	15 degrees	30 degrees	45 degrees	60 degrees
					

4

Posture and keyboard techniques

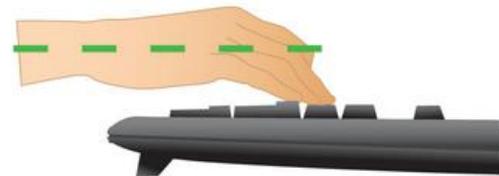
Adjust keyboard to a height where elbows are bent approximately 90 degrees and shoulders do not slump.



RIGHT!



RIGHT!



WRONG!



WRONG!

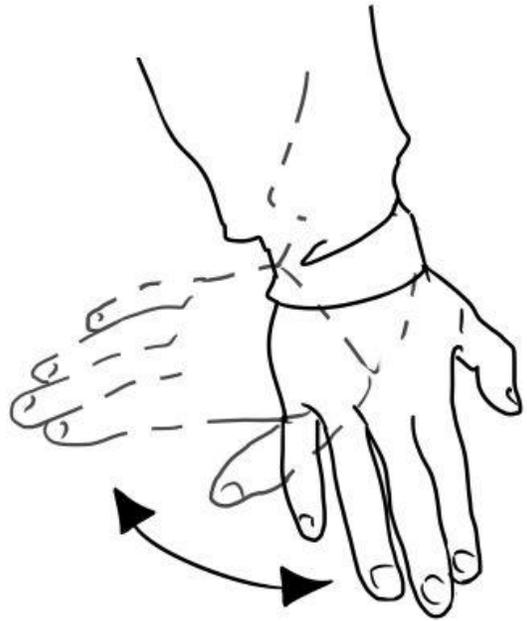




EXERCISE
ERGO- SMILE
HAND, NECK & BACK



WRIST, HAND & ARM
ERGONOMIC
EXERCISES



Wrist Tilt Exercise

1

Begin with arm fully extended and palm facing downwards

2

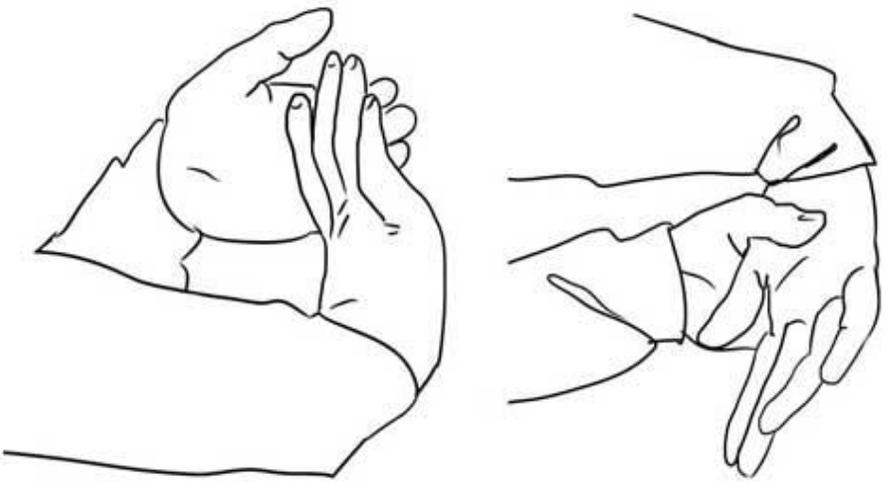
Gently tilt wrist to the right

3

Hold for three to five seconds

4

Move wrist to the left and hold for another three to five seconds



Wrist Flexion Exercise

1

Hold arm outward with palm facing down

Catch the fingers of the extended hand with your opposite hand

2

Gently pull your fingers upwards

Hold for 5 seconds, then release

4

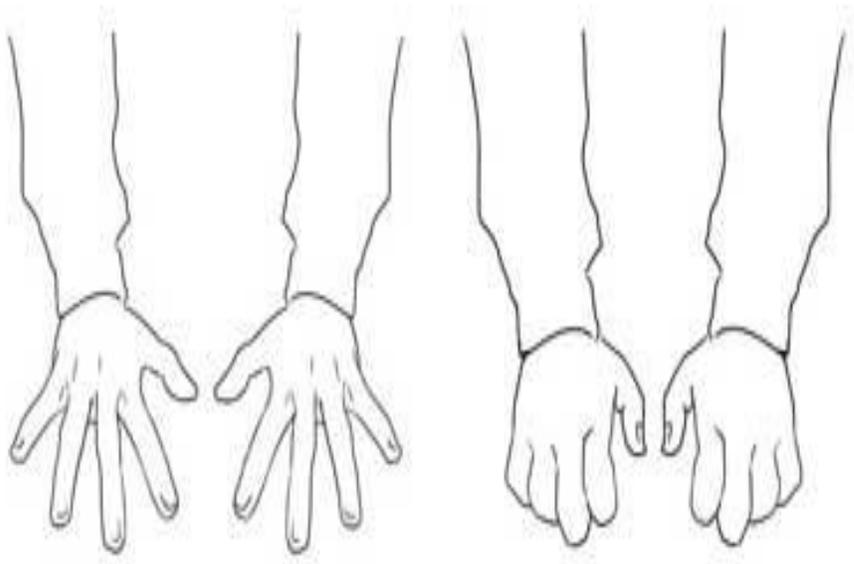
3

Gently pull your fingers downwards

Hold for 5 seconds, then repeat on the other hand

6

5



Extended Finger Stretch

1

Begin with both hands extended and palms facing downward

Extend all fingers outward

2

Hold for 10 seconds, then slowly release

3

Bend all fingers at the knuckles

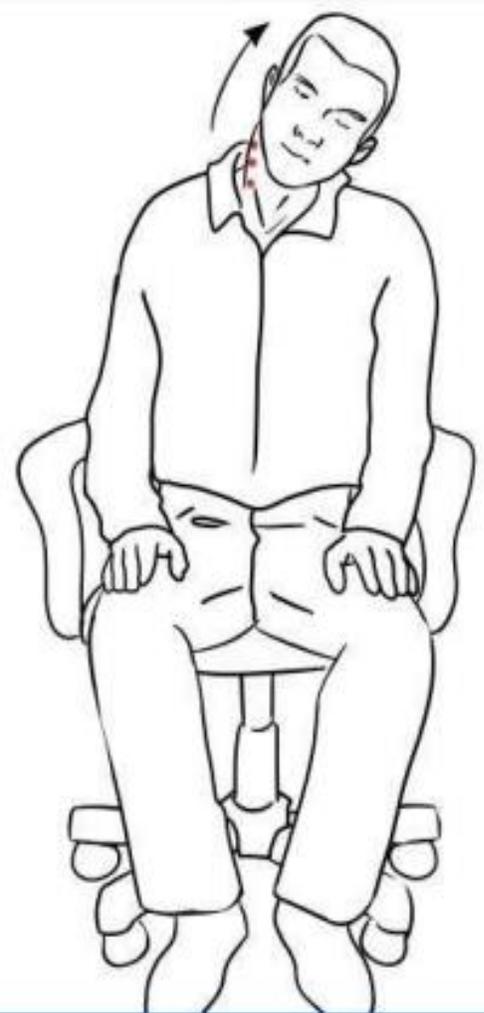
4

5

Hold for 10 seconds, then slowly release

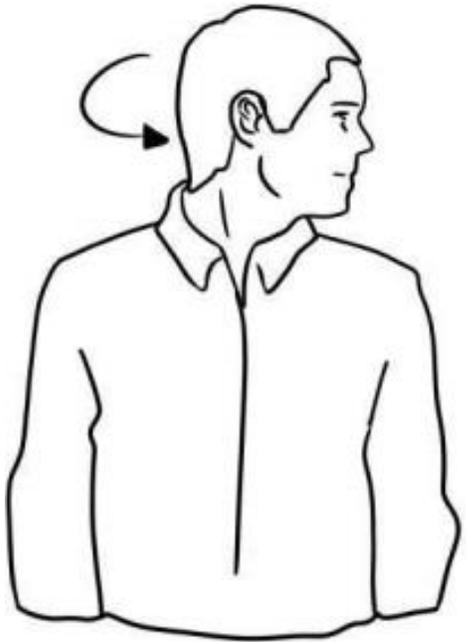


NECK, CHEST &
SHOULDER ERGONOMIC
EXERCISES



Neck Relaxer

1	Begin by sitting at the edge of your chair	Return to the starting position	5
2	Hold arm outward with palm facing down	Drop your head down so that your chin touches your chest	6
3	Drop your head slowly to the right	Gently rock your head to the left and roll to the right	7
4	Hold the stretch for 5 seconds	Return to the starting position	8



Head Turns

1

Begin with your head facing forward

Slowly turn your head to the right to look over the right shoulder

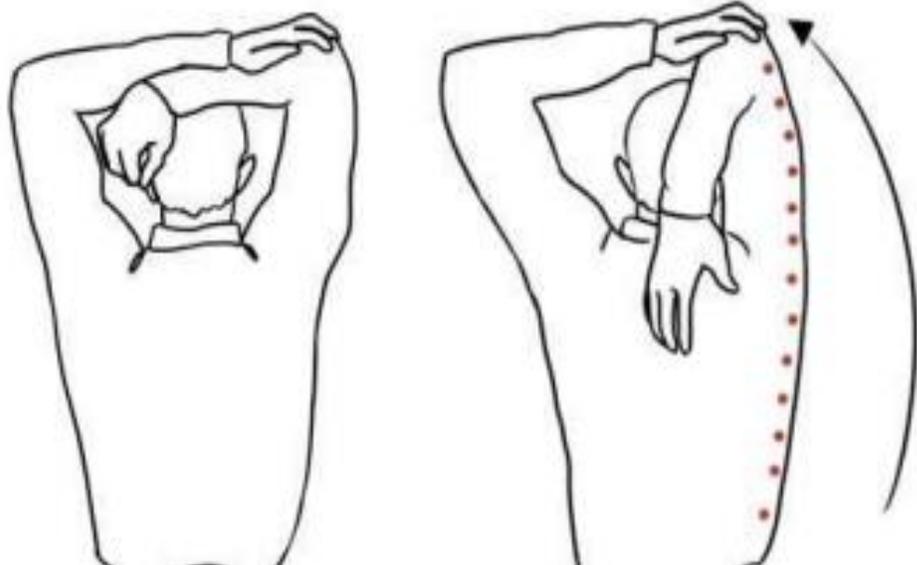
2

3

Hold for 10 seconds

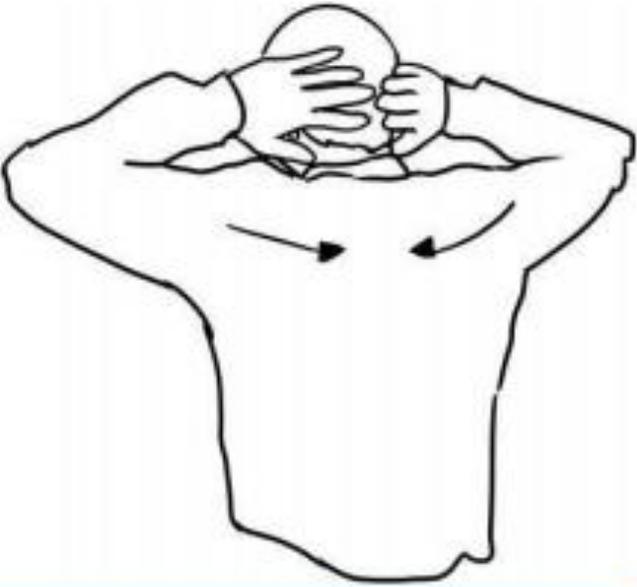
Repeat on the opposite side

4



Overhead Shoulder Stretch

1	Begin with your body facing forward	
	Raise one arm directly overhead and bend it at the elbow	2
3	Catch the elbow with your opposite hand	
	Pull the upright arm towards the opposite side and hold for 10 seconds	4
5	Repeat on the other side	



Chest Stretch

1

Begin by standing upright with your hands at your sides

2

Gently place your hands behind your head and interlock your fingers

3

Squeeze your shoulder blades together

4

Hold the stretch for 5-10 seconds

5

Back Exercises and Stretches



Seated Back Curl

1

Begin seated at the front of your chair with your feet planted firmly on the ground

Slowly lift one leg up and grasp your shin with both hands

2

3

Bend forward and reach your nose to your knee

Make sure to bend through your upper back!

4

5

Relax back to the starting position

Repeat on the other side

6



Leg Lift

1

Begin by sitting at the edge of your chair

Keep both feet planted firmly on the floor and your knees bent at a ninety-degree angle

2

3

Keep a straight leg and lift one leg off of the floor

Feel a stretch along the back of your leg and hold for 10 seconds, then lower back down

4

5

Repeat on the other side



Hip Stretch

1 Begin by sitting on the edge of your chair with your feet firmly on the ground

2 Lift one leg and cross it over the other right above the knee

3 Grasp your bottom knee with your hand on the opposite side

4 Gently apply pressure to the bottom leg while looking over your shoulder

Feel the stretch along your lower back and hip and hold for 10 seconds

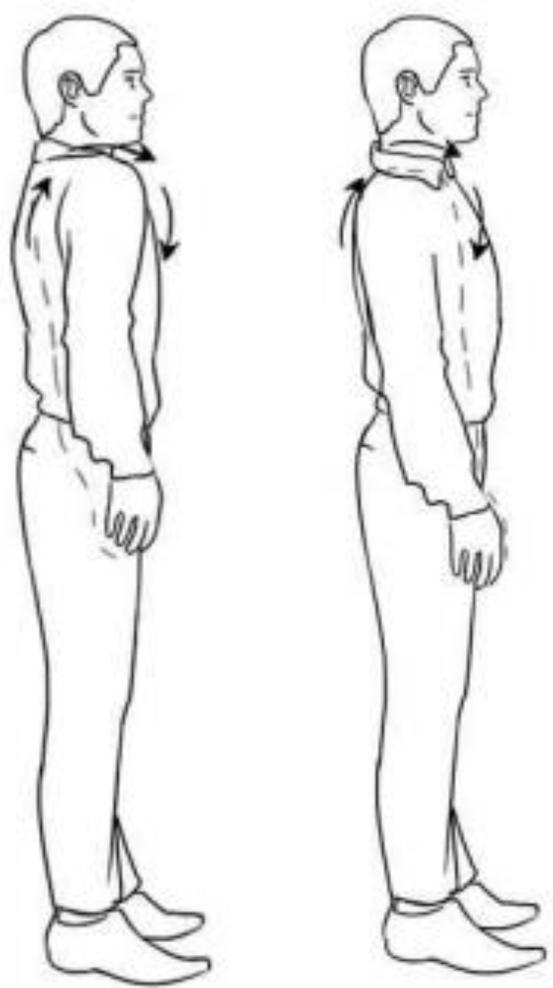
5

Lower your legs back to the starting position

6

Repeat on the other side

7



Shoulder Roll

1

Begin by standing tall and facing forward

Slowly roll your shoulders backwards in a circular motion five times

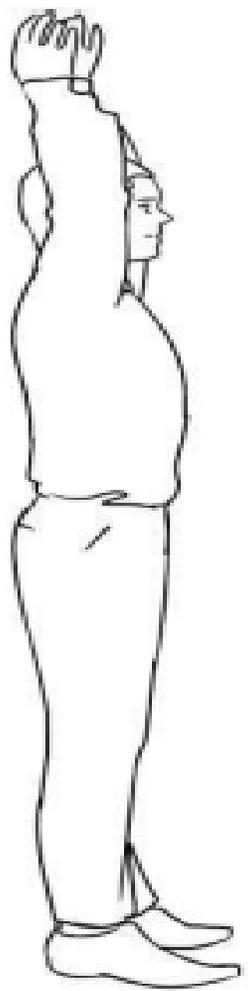
2

3

Slowly roll your shoulders forward in a circular motion five times

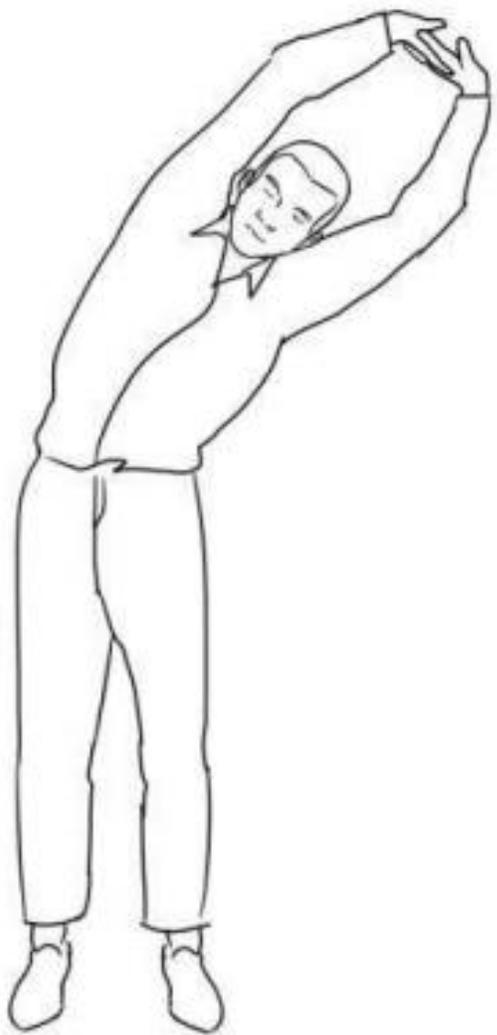
Return to the starting position and relax the shoulders back down

4



Low Back Stretch

1	Begin by standing tall and facing forward	
	Reach towards the ceiling until you feel a light stretch along your sides	2
3	Hold the stretch for 10 seconds	
	Reach higher until you feel an intense stretch along your sides	4
5	Hold the stretch for 10 seconds, then relax	



Back and Side Stretch

1

Begin by standing tall and facing forward

2

Reach your hands toward the ceiling and interlace your fingers

3

Make sure to keep your elbows straight!

4

Reach back as far as possible and then slowly bend to one side

Hold the stretch for 10 seconds

5

Repeat on the other side

6

Relax your hands back to your sides

7



Standing Stretch

1

Begin by standing upright with your hands by your side

2

Place both hands on your lower back, with your fingers pointed toward the floor

3

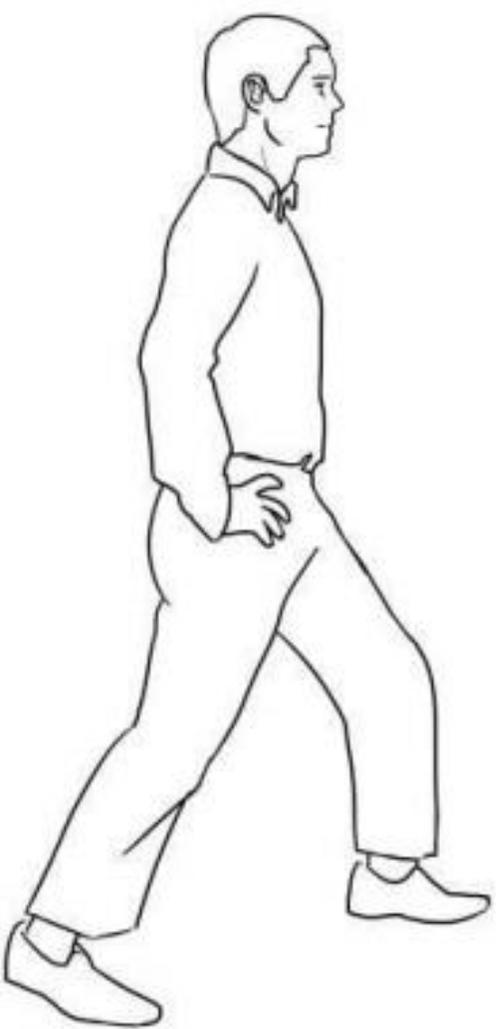
Gently lean back into your hands while keeping your feet in place on the ground

4

Hold the stretch for 5-10 seconds, then release

5

Leg Exercises and Stretches



Calf Stretch

1

Begin by standing tall and facing forward

2

Place one foot a large step behind the other

3

Slowly push into the front foot while keeping the other planted firmly on the ground

4

Allow the front knee to bend

Hold the stretch in the back leg for 10 seconds, then relax

5

Bring both feet back to your midline, then switch feet

6

Repeat the stretch on the other side for another 10 seconds, then relax

7



ALL OF THE ABOVE
ERGONOMIC EXERCISES ARE
EXTREMELY **EASY TO DO**

PRACTICE & ROUTINE

Lakukan senaman
regangan dan
teruskan

Setiap hari



**ARE YOU ENJOY
KEEP FIT AND HEALTHY**

TERIMA KASIH