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REVIEW ARTICLE

THE PROFESSIONAL OF PHYSICAL EDUCATION IN THE PREVENTION OF OCCUPATIONAL DISEASES THROUGH WORK GYMNASTICS.

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ABSTRACT

The present work is a review of the literature on "The Professional of Physical Education in the Prevention of Occupational Diseases through Work Gymnastics". The studies seek to clarify how the Labor Gymnastics applied with the approximate time of ten to twenty minutes is effective in the prevention of occupational diseases LER / DORT. Knowing that this is an area of activity of the Physical Education professional, we seek to address how occupational diseases, occupational gymnastics and their classifications are classified, physiological, psychological and social aspects of work gymnastics and the link between work and professional gymnastics of physical education. However, it can be emphasized that occupational diseases are responsible for a large percentage of employees' absence from their professional functions. With this study it was possible to conclude that Labor Gymnastics is very important in the prevention of occupational diseases (RSI), and when routines of physical exercises aimed at stretching and warming up at the beginning of the work shift are used, it promotes physiological changes in the individual leaving him in a state of alertness and with this to prevent accidents caused by lack of attention.

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INTRODUCTION

This work of conclusion of the course of Physical Education Bachelor aims to address in what way the work gymnastics acts in the prevention of occupational diseases and what is the role of the professional of physical education in its implantation and maintenance within the companies. Knowing that work gymnastics is not part of the curriculum of several baccalaureate physical education courses, however it is the area of activity of the professional trained, and perspective of work for those students who will graduate. Through literature review we have the intention of collaborating with this professional who wishes to work in this area. In the present work the main occupational diseases will be presented, what is the work gymnastics and its classifications and what its connection with the professional of physical education. Currently companies have a very high expense due to the lack of employees due to occupational diseases (OD), which often leads to the same period of time away from work and in other cases until the retirement of this official due to disability caused by OD. In this sense, the present study used as a methodology the literature review.

Review of literature

Occupational diseases: In most cases occupational diseases are affected in the upper limbs caused by repetitive movements, work performed in a static position, lack of recovery time after muscular fatigue, due to the high rate of work among others. These forms of illness are similar to contemporary work because of the large-scale production by industries. The DORTs are damages due to an excessive effort imposed on the musculoskeletal system and the lack of time for its recovery. Its symptoms are: pain, paresthesia, sensation of weight and fatigue (BRASIL, 2006). The high prevalence of RSI / DWS has been explained by the transformations in the world of work, where the organization has been characterized by goal setting and productivity, among others, without taking workers into account and their physical limits (BRASIL, 2006). RSIs are currently referred to as work-related musculoskeletal disorders (DORS) or work-related musculoskeletal disorders (AMERT) because RSIs also occur in repetitive tasks outside the work environment. All DORTs are READ, but not all RSIs are DORT. LER stands for Repetitive Strain Injury and is also recognized under the name DORT which stands for Work-related Musculoskeletal Disorders. The Sigla was created to identify a set of diseases that affect muscles, tendons and upper limbs (fingers, hands, wrists, forearms, arms, and neck) and is directly related to

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working conditions. They are inflammations caused by work activities that require the worker to perform repetitive, continuous, fast and vigorous manual movements over a long period of time. (OLIVEIRA, 2002)

Labor Gymnastics

The workout is an active rest that takes advantage of the regular breaks during the working day to exercise and relax the most required muscle groups during work, with the objective of preventing fatigue and occupational diseases (RSI / DORM). Beginning in the year 1925, in Poland, with the name of "Ginastica de Pausa". Years later it expanded among countries, such as Holland, Russia and others at that time. In Japan it was implanted by the post office as a preparatory gymnasium in order to prepare the body for daily efforts. After World War II the program spread and more than a third of Japanese workers use gymnastics, it was also in Japan that the consolidation and compulsory work of Compensatory Gymnastics took place. Labor Gymnastics is an activity performed before, during and / or after work, in order to compensate for repetitive movements and uncomfortable positions during the working day.

LADEIRA (2002) reports that the Gymnastics Labor has as characteristics the accomplishment of specific exercises according to the biomechanical demands of the labor tasks, that can be performed before, during or after the working day. In Brazil, the first manifestations for the implantation of sports activities in the workplace, was in the year 1901, in Rio de Janeiro in the company Bangu. In the year of 1969 Ginastica Laboral was introduced by professionals of Physical Education, with organizational and functional intentions. The companies began to look for the implantation of the Gymnastics Laboral aiming at the reduction of occupational diseases, and future processes for damages caused by the work. Some companies offer Worker-oriented Physical Fitness, while others offer training for their own employees to use as "facilitators." The concept of workout is nothing more than the gymnastics held in the workplace, lasting approximately 10 to 20 minutes. Labor gymnastics emerged within companies as a way to ease the wear and tear caused by work on the human body, preventing it from becoming an occupational disease that could be removed from the employee in his area of work. According to Lima (2004) GL is the practice of physical exercises, held collectively during the work day, taking into account the needs of each individual and the particularities of each sector of work, having as one of the purposes, the prevention of occupational diseases, aiming at individual well-being through bodily awareness, also providing knowledge, respect, love and stimulation of one's own body (LIMA, 2004)

Preparatory Work Gymnastics: The LPG is given at the beginning of the shift shift in which the employee works. That is, at the beginning of the morning, afternoon or evening shift; usually it is held at the workplace, after the quick ritual of entry, such as ironing the point card, changing clothes et. LPG delivered in the morning has the primary purpose of awakening workers. Applied at the beginning of the shift, be it morning, afternoon or evening, before the beginning of the work day, in order to awaken and prepare the workers for activities of resistance, speed and strength. The GLP classified for the purpose of execution consists of a series of physical exercises that prepares the worker for activities of speed, strength or resistance. This category of GL aims at heating and

preparation of muscles and joints that will be used at work, which prevents accidents, muscular strains and occupational diseases. They are exercises performed before the workday, with the main objective of preparing the individual for the beginning of the work by heating the muscle groups requested in their tasks and awakening him to feel more willingness (Lima, 2003; Oliveira, 2006).

Workplace Compensatory Gymnastics: Popularly, and even academically, GL is called Gymnastics Pause, or Compensatory Work Gymnastics, regardless of the time or its purpose. For better standardization and definition, it is understood that Pause Gymnastics refers to Gymnastics that interrupts the task being performed; is applied in the middle of the day, or at peak hours of fatigue. An active pause after 3 or 4 hours from the start of work; in some companies GLC is delivered before or after the longest shift interval (lunch or dinner). Thus, it is the second in the GL classification, according to the execution time and purpose, so that there are no confusions with the other GL denominations or classifications. According to the implementation objective, the GLC aims to prevent the postural addiction of activities and daily life (AVDS) and the work environment. The GLC uses physical exercises that work the muscles little requested and relax those that work in excess. Compulsory Work Gymnastics as physical exercises practiced during the working day, usually by applying an active break from 3 to 4 hours after the start of work, aiming to relieve tensions and strengthen the worker's muscles, interrupting the monotony to perform exercises which will compensate for the overloaded structures (LIMA, 2003; OLIVEIRA, 2006).

Work Relaxation Gymnastics: The Relaxing Gymnastics (GLR) is only classified according to the hours of execution, since it is given at the end of the working day and must be started 10 to 15 minutes before the end of the working day. This type of gymnastics is indicated for workers who attend the public, such as banking and information service or customer service services (SAC). These workers require relaxation, massage throughout the body and extravasation of the accumulated tendencies in the dorsal, cervical, lumbar and plantar regions of the feet and shoulders. The stretching exercises are well indicated in the GLR, with a minimum duration of 15 seconds in the maximum elongated position. Perform active or passive stretches of this duration and with several repetitions, stimulates the Golgi tendon organ (OTG) and promotes the desired muscle relaxation. Thus, exercises performed after work, aim to provide muscle and mental relaxation to workers (Oliveira, 2006).

Effects of work gymnastics on physiological aspects: In the physiological aspects it contributes to the increase of blood circulation at the level of the muscular structure, improving the oxygenation of the muscles and tendons and decreasing the accumulation of lactic acid, improving the mobility and flexibility of the articular muscle, reducing inflammation and traumas, improving posture, unnecessary muscular tension, reduces effort in the execution of daily tasks, facilitates adaptation to the job and improves the condition of general health.

Effects of work gymnastics on psychological aspects: In the physiological aspects, work gymnastics favors a change in routine, reinforces self-esteem, shows the concern of the company with its employees and improves the ability to

concentrate on work. Efeitos da ginástica laboral nos aspectos Sociais. In social aspects, the work gymnastics awakens the emergence of new leaders, favors personal contact, promotes social integration, favors group sense and feels part of a whole, improves the relationship.

The connection of labor gymnastics with the professional of physical education: The way in which workout is guided by facilitators is different from when it is guided by the Physical Education professional, the facilitator always repeats the same exercises, always in a mechanized way as he is taught while the physical education professional, due to the wide knowledge and its theoretical basis, diversifies the activities according to the interest and motivation of the employees. According to Pegado (1990), some companies experience frustrating results in their exercise programs because program leaders were not prepared to properly conduct and manage work gymnastics, however, it makes no distinction between the use of a physical education facilitator or teacher. Even knowing that the physical education professional is the most suitable person for this orientation, there has been no research to date on whether or not there is a difference in the results of Gymnastics when guided by a facilitator or by physical education professionals. Currently the GL application techniques are very specific and the requirement for this service is taken, which makes it a strategic program that deserves rigor and assertiveness at all stages. The Labor Gymnastics is a specific work that requires of the professional solid knowledge in adaptation / postural correction and also a care with the routine in the exercises to not discourage the practice. It should always seek to reconcile the working environment with the needs and limitations of the workers.

Initially one should research and understand the corporate environment and the basic concepts of other areas of action that complement the GL Program, such occupational and human resources. In addition to these technical aspects, the Physical Education Professional must be able to interact, motivate and contribute to a greater integration among the employees of the company. Physical Education professionals must know the sectors of the company in advance, preparing to respect their safety standards. You should also know the environmental risks (chemical, physical, biological, ergonomic and work-related accidents) that may be related to your professional activities. They must also have knowledge in the areas of Exercise Physiology, Ergonomics, Relaxation Techniques, Flexibility, and Stretching, Occupational Safety, Occupational Medicine, Massage and Recreation and Leisure Dynamics, among others. All this knowledge and content must be previously analyzed, planned and contextualized with the reality of each contracting company, in order to acculturate such activities so that they make sense and produce the expected results. The main function of the Physical Education Professional is to act in the prevention and promotion of health. The professional who teaches Ginastica Laboral classes should be motivating and capable of giving employees the real importance of such practice. You should not only worry about "giving lessons", because there are other actions that must be proposed, such as disclosures and activities differentiated in the workplace, causing greater and more significant stimuli.

Conclusion

With this study it was possible to conclude that Labor Gymnastics is very important in the prevention of occupational diseases (RSI), and when routines of physical exercises aimed at stretching and warming up at the beginning of the work shift are used, it promotes physiological changes in the individual leaving him in a state of alertness and with this to prevent accidents caused by lack of attention. We conclude also that GL can help in the correction of postural problems acquired by postural defects of the profession. In this sense, the GL should be adopted by all companies in the sense of prevention of occupational diseases and with that to avoid the lack to the work or even the retirement of the employee.

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