

**TOPICS ON:** AWARENESS ON STROKE AND EPILEPSY AND  
SCIENCE OF ERGONOMICS IN SCHOOL CHILDREN

**VENUE:** NETHAJI PILOT SCHOOL ,NELLORE

**DATE & TIME:** 17<sup>TH</sup> MARCH 2018

**NUMBER OF STUDENTS ATTENDED:** AROUND 100 MEMBERS

**GIVEN BY:** DR BINDUMENON AND DR SHALINI (IWSA LIFE TIME MEMBERS)

## **REPORT ON AWARENESS ON STROKE & EPILEPSY**

**&**

## **SCIENCE OF ERGONOMICS FOR SCHOOL CHILDREN**

We were welcomed by the Principal of Netaji Pilot School on March 17<sup>th</sup> 2018 at 3:00pm to conduct a session on Awareness on stroke & Epilepsy & Ergonomics for to school students.





The programme initially started by Prof Bindu Menon on awareness on stroke & epilepsy & ergonomics for school children.



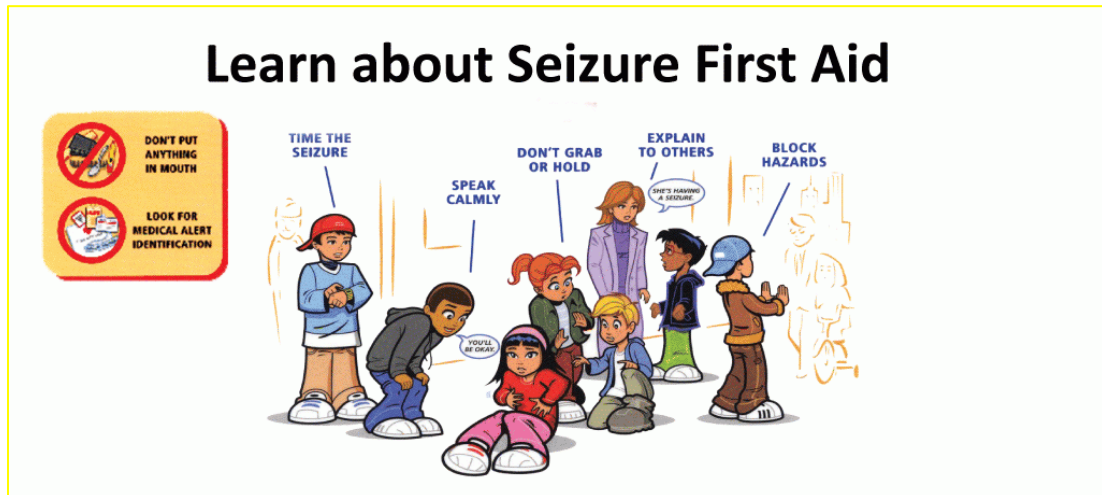
The students were very interactive to the questions.

Stroke Mneumonic in telugu and english –FAST, and Sa re ga ma pa da ni sa with explanations of stroke symptoms were explained.

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>Balance</b>	<b>Eyes</b>	<b>Face</b>	<b>Arms</b>	<b>Speech</b>	<b>Time</b>
<b>B is for Balance:</b> Does the person have a sudden loss of balance?	<b>E is for Eye:</b> Has the person lost vision in one or both eyes?	<b>F is for Face:</b> Does the person's face look uneven?	<b>A is for Arm:</b> Is one arm hanging down?	<b>S is for Speech:</b> Is the person's speech slurred? Does the person have trouble speaking or seem confused?	<b>T is for Time:</b> Call 911 now!

## EPILEPSY-DOS'S AND DON'T'S

- Cushion the person's head.
- Loosen any tight neckwear.
- Turn the person on his or her side.
- Do not hold the person down or restrain the person.



- Do not place anything in the mouth or try to pry the teeth apart. The person is not in danger of swallowing his or her tongue.
- Observe seizure characteristics -- length, type of movements, direction of head or eye turning. These characteristics may help the doctor diagnose the type of seizure.

Students raised their doubts regarding stroke & epilepsy which were cleared by Prof. Bindu Menon.

The next session started with the ergonomics to school children. Commonly targeted on back pain & spine changes in future due to carrying heavy bags, sitting postures in class rooms and postures while using computers .






## ERGONOMICS FOR THE CLASS ROOM

### Ergonomics for the Classroom


- Every office place of work must provide ergonomic surroundings
- A school is a place of work
- Ergonomics education is not provided in **any** schools in the United States
- A lot of different work is performed in the classroom and a workstation must be provided for each type of work



## SCHOOL BAGS

### Schoolbags

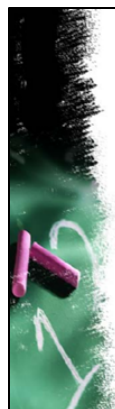
- Carrying schoolbags may contribute to low back pain in children
- The maximum load should be 15% of body weight
- Secondary school children carry backpacks around 7.0kg
- High school students carry backpacks around 6.3kg
- In one study, musculoskeletal symptoms were reported by 77.1% of students



## CHOOSING THE SCHOOL BAG

### Schoolbags

- Choosing the right school bag:
  - Ensure the bag is appropriate for the age and size of the carrier
  - Select a pack with padded shoulder straps
  - Choose a bag with a waist belt
  - Carry no more than 15% of body weight
  - Load heaviest items closest to the child's back
  - Choose backpacks with several compartments
  - Consider a bag with wheels
  - Always wear both shoulder straps
  - Adjust shoulder straps so the bag fits snugly to the back



## CHAIRS IN SCHOOL

### Furniture - Chairs

- Must be suitable for the child's anthropometric data as well as their varying work postures
- Needs to allow for sitting with movement
- Two suggested designs:
  - Flexichair – changing seat inclination
  - Rocking mechanism – swivel chair with height adjustment



<- Flexichair

Rocking Mechanism >


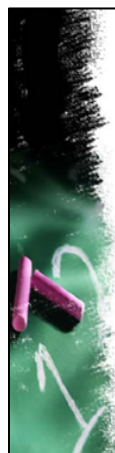




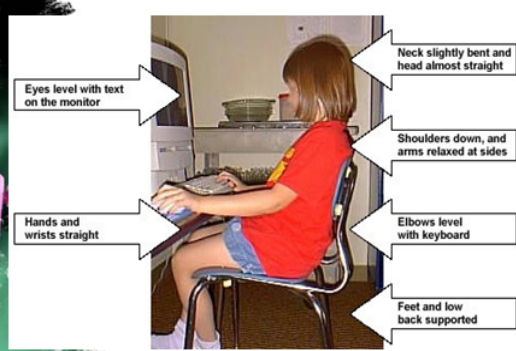
## COMPUTERS

### Computers

- Teach children to:
  - Not sit too close to the monitor
  - Take frequent rest breaks and "eye breaks"
  - Stand up, stretch, and wiggle often
  - Blink frequently
  - Avoid using the mouse for long periods of time
- The best safety measure for children working on the computer is adult supervision and guidance

### Computers – Ergonomic Guidelines



At the end the School Principal felicitated us.



THANK YOU