

Final report: Ergonomics

In **Ergonomics** we tried to make our students realize that too heavy schoolbags were one of the reasons for back pain. So we made them **weigh their schoolbags** (→Piove/Bergues/Halasztelec). In Osterburken this has even become part of the school curriculum.

Having a **good posture** is also very important to avoid dorsal pain or, even worse, serious postural deformity. Students in Italy and Hungary looked into that matter (→ national websites).

In order to strengthen the back muscles we all developed special **sports programs**. In Osterburken for example this approach is included into the curriculum during the whole school year. Dealing with such problems belongs to the school profile of GTO.

During the European week all partners had one sports day. First the students were informed about the importance of healthy and permanent movement, then they had practical workshops in which they could get to know exercises that were good to avoid back pain and to strengthen their backs.

All these activities are documented on the schools' websites. So you find further texts, photos, statistics and power point presentations dealing with Ergonomics on the national homepages of all partners.