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Monthly Health Education Seminar 健康講座

Speaker: Ms. Diana But (Registered Physiotherapist)

講者：畢慧敏註冊物理治療師

18/12/2008(Thu), 7:00pm-8:30pm, Central Clinic

R-S-I kill you later – Office Ergonomics save your life from RSIs (Repetitive Strain Injury)

It is quite common to have a sore back after whole day of sited work. The fact is that the human body was not designed to sit for extended periods of time, or work in awkward positions that chronically contract or stretch muscles. Prolonged awkward positions or repetitive movements at work are the main causes of RSI (Repetitive Strain Injury).

A well-designed workstation, proper sitting postures and regular stretching exercises are essential in reducing and preventing potential problems caused by the demands of today's jobs. This talk will focus on the ergonomic design of your computer workstation to help you work more safely and comfortably at your office. How to maintain a correct posture during work and short stretching exercises are also important in preventing RSIs and will be covered in this talk as well.

Language: Cantonese

辦公室人體工學助你遠離勞損性創傷

現今都市人工作非常繁忙，下班後的腰頸背痛更是司空見慣。從身體構造上看，我們並非適合像現在我們所從事的許多工作那樣久坐不動，或者長時間執行精準的機械動作。處於不正常的姿態過久，或者重複運動會引起頸部、四肢和背部的疼痛，這些狀況稱為重複性壓迫損傷。

要減少勞損，可由日常在辦公室內的配套著手。配合良好的工作姿勢以及適當的伸展運動，便可有效預防痛症勞損出現。

今期的講座會講解如何從人體功效學角度，分析工作桌空間的安排及正確的電腦擺設，以保持良好的姿勢，教導大家選用符合人體功效學設計的坐椅及書桌，以及一些簡單的辦公室伸展運動。

語言：中文

Free admission. For enquiries, please contact us at 25372083.

Seats are limited, please reserve yours early.

費用全免。報名及查詢請電 25372083。

座位有限，請早預約。