126 - DEPLOYMENT OF GYM WORK: A STUDY OF LONGITUDINAL PROFILE OF MAGISTRATES/SERVERS REGIONAL LABOUR COURT 19th REGION ALAGOAS PRACTITIONERS OF A GYM WORK

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INTRODUCTION

The Regional Labor Court of Alagoas is concerned with the welfare of man, in all its aspects, providing response mechanisms to prevent and minimize the consequences of various postural defects, injuries, occupational repetitive strain (RSI), (WMSD) and (AMERT) structures that are degenerative and cumulative preceded by any pain or discomfort and even work-related disorders (MSDs), since we are aware that the body can not be separated from the mind, because it is not complete and full harmony, if it is functioning perfectly as a whole, a single unit.

With the passage of time, it becomes increasingly latent need to enter the Physical Education in the area of Gymnastics as among the fundamental principles of Gymnastics, are the elimination of postures and reducing the level of stress at work These problems are already worked out for physical education professionals, obtaining excellent results.

The area of Gymnastics and Ergonomic working with Physical Education and Physiotherapy, through Gymnastics is very promising, as it is essential for the welfare of the people. For these reasons, it is necessary to apply and show the purpose of Gymnastics and ergonomics in the prevention of RSI/WMSD/AMERT with masgistrados/servers of the Regional Labor Court.

The Gymnastics began to be understood as a major tool in improving the physical health of the employee reducing and preventing occupational problems (HARTMANN et ali, 2008). According to Anderson (1998), the human body was not designed to stay long periods in a seated position. Standing still for hours is a relatively recent phenomenon in human history. Over millions of years, our ancestors had to use their bodies and muscles daily.

According to the publications concerning Gymnastics is possible to see that in 1925 Poland was recorded publication of the theme, entitled Gymnastics Pause (PEREIRA, 2001). Meet the needs of workers inside and outside the company, is the new vision that is taking business leaders. (ALVES and Vale, 1998).

Three years later in Japan the postal workers started attending daily classes Gymnastics aiming relaxation and improved health. But it was after the Second World War is that practice became widespread and had results like increased productivity, reduction of occupational accidents and the pursuit of the general welfare of workers (CAÑETE, 2001).

There is controversy regarding the starting date of Gymnastics in Brazil, but for Cañete (2001), Gymnastics was introduced in Brazil by executive Nips 1969 in Rio de Janeiro in Ishikavaiima yards, where it is still practiced mainly targeting prevention work accident. In the early 70's the FEEVALE Federation (Higher Education), through the school of Physical Education created a proposal for exercise based on biomechanical analyzes, Compensatory Physical Education and Recreation.

The Gymnastics includes specific stretching exercises, muscle strengthening, motor coordination and relaxation, made in different sectors or departments of the company, in order to prevent and reduce cases of RSI / WMSD (OLIVEIRA, 2006). Quality of work life is the need to work more deeply in appreciation of working conditions, with regard to the procedures of the task itself, the physical environment and the relationship patterns (LIMONGI-FRANCE, 2001).

According to Casagrande (1999), the Gymnastics is a combination of some physical activities with common characteristics to improve under the physiological aspect, the physical condition of the individual in his work, using exercises executed in the workplace and easily performed in sessions 5 or 10 minutes, due to contribute to a better physical fitness and performance, concentrations and better positioning on the work.

To Chest (2002), the main goal of Gymnastics is to provide the worker with a healthy life, easing the difficulties during the development of their daily work, improving their physical, mental and personal relationship. There are three types of labor Gymnastics: Preparatory to the Compensatory or Remedial.

Gymnastics Preparatory consists of exercises that prepare the individual for the job of speed, strength or endurance. It is performed before or during the early hours in early labor and consists of heating and/or stretching of the particular structures required, arousing employees to work, preventing accidents, occupational diseases and muscle strain (PEREIRA, 2001).

Compensatory Gymnastics is held during the work day and lasts for 8 to 10 minutes. This exercise Gymnastics search the corresponding muscles and relax the muscle groups contracted during the workday aiming oxygenate the muscle structures involved in the daily tasks of fighting excess tension, the accumulation of lactic acid and preventing possible injuries installations (CAÑETE, 2001). The corrective proposal aims to restore the balance central antagonism of muscle, using specific exercises to strengthen the muscles that are stretched and stretch those shortened, it is usually applied to a small group of people 10-12 who have the same characteristic postural and morphologic are disabled nonpathological (CAÑETE, 2001).

For Barbosa (2001), is an ancient concern with the effects of work on workers' health. According Zandomeneghi (1999), quality of work life can be seen as an institutional practice that combines the individual, work and organization, that is, to reconcile the interests of employees and the organization to improve and humanize situations work.

Aware of all the benefits that the Gymnastics provides the worker and the company, the Regional Labor Court of Alagoas 19th Region seeks to provide response mechanisms to prevent and minimize the consequences of various postural defects, Injuries, Occupational Repetitive Strain (RSI), which are structures and degenerative cumulative preceded by any pain or discomfort and even the Work Related Disorders (MSDs) (HARTMANN et al, 2008). Thus, it is expected that this research will fill a gap that can meet the needs and grace to both health professionals and the academics and professionals in related fields.

OBJECTIVE OF RESEARCH

This study aimed to identify the profile of magistrates / servers Regional Labor Court of the 19th Region of Alagoas,

received five years in a program of gymnastics classes.

METHODOLOGY

The concept of research is still hotly debated, but most researchers agree that scientific research means a relentless pursuit of truth, the answer to the problems posed. According GIL, research is needed when we have these answers, when we have no information about the problem sorted.

Search is proceeding rationally and systematically in the pursuit followed by a methodological sequence.

The methodology chosen for the field research was based on the application of two (02) questionnaires, of which, one was specific to workers in the area of human resources, directed at magistrates/servers Regional Labor Court.

Parallel to the research field was applied in avalição testing measures to check the capabilities of flexion and extension of the wrist joint and strength to seize manual

SUBJECT

The sample was composed of magistrates/servers Regional Labor Court of the 19th Region Alagoas, located in the city of Maceió, located in the state of Alagoas/Brazil.

PROCEDURES

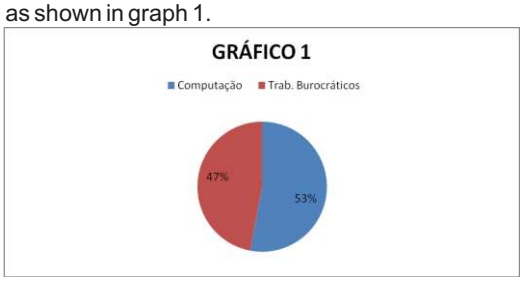
To join the search to only demand made was that magistrates / servers practiced Gymnastics classes regularly. They were informed about the procedures, and test protocols used. After clarification, was read and signed the Instrument of Consent (IC). Questionnaire was used to identify the profile of masgistrados/serviodres the Regional Labor Court of the 19th Region of Alagoas.

The sample consisted of 156 magistrates/servers in Building Quintella Cavalcante in Maceió-AL. Of these, 82 were male and 74 representing 53% female 47%.

Of the 156 who responded to the questionnaires servers 82 are of an age between 20 to 64 years old, with mean = 41.34 years, and 74 are of an age group between 25 and 62 years old, with mean = 39.95 years.

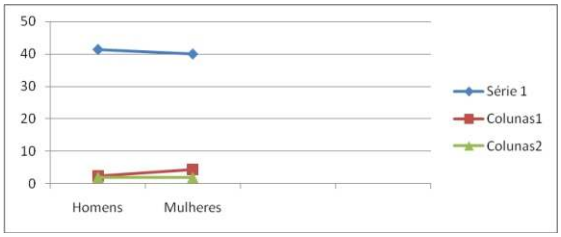
RESULTS

The methodology chosen for the field research was the application of 01 (a) questionnaire closed / open, which was specific to the 156 employees in the areas of computing and visual control, which represent 53% now work in administrative and bureaucratic generally represent 47%, as shown in graph 1.

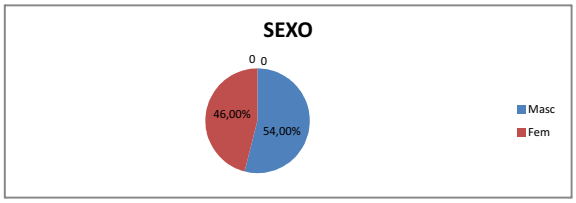


156 questionnaires were distributed in Building Bridges of Miranda in Maceió-AL. Completely all questionnaires were completed, of these, 82 are male and 74 representing 53% female 47%.

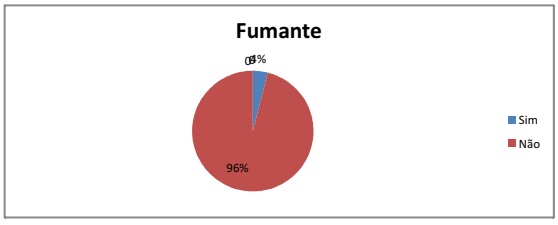
Of the 156 who responded to the questionnaires servers 82 are in an age range between 20 to 64 years, with mean = 41.34 years, and 74 are of an age group between 25 and 62 years old, with mean = 39.95 years.



We evaluated 156 (one hundred fifty-six) servers Regional Labor Court 19 ˚ Region, Building Quintella Cavalcante, 46% female and 54% male.



Of the one hundred fifty-six servers evaluated 4% are smokers, while 96% do not care cigarette.



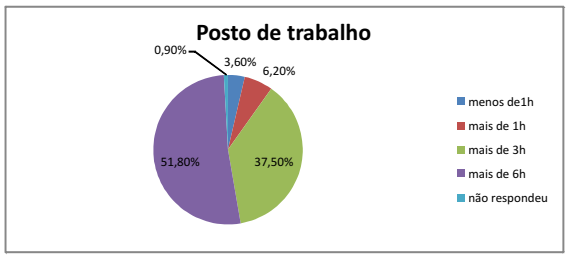
Of the one hundred fifty-six servers 3.60% is assessed on her job less than 1 hour per day while 6.20% are in their jobs

longer than 1 hour, 37.5% more than 3 hours as exceed six hours 51.80% and 0.9% did not answer that question.

When asked if they engage in some kind of physical activity 61% said yes, while 39% did not perform them.



When asked what role they play in your work sector 46% responded that they are in control and visual computing, already 43% exert bureaucratic and administrative work in general and 11% perform other activities.



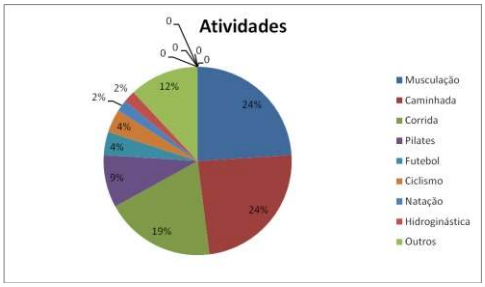
When asked if he gets more time sitting or standing, 97% responded that they work in a sitting position, while 3% are standing.



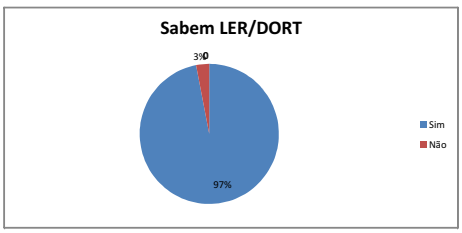
When asked if they engage in some kind of physical activity 61% said yes, while 39% did not perform them.



Among the practical activities 24% responded that practice bodybuilding, as do 24% walking, 19% jogging, pilates 9%, 4% football, cycling 4%, 2% swimming, water aerobics 2% and 12% engage in other activities that were not specified , totaling 100% of physically active.

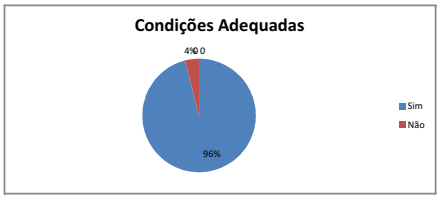


Yet when asked if they know what is RSI/ WMSD 97% responded that they know what it is and what it means, while 3% do not know what is.



When asked if your workplace offers appropriate conditions for carrying out their tasks only 96% said yes, while 4%

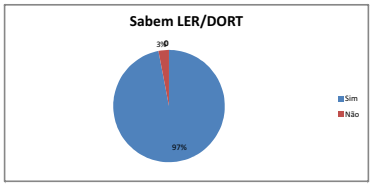
did not provide such conditions.



With the interval and rest during working hours only 80% said they do, while 14% said they do not do any kind of range and 6% did not answer that question.



When asked what gymnastics is 97% responded that they know, while 3% did not know what it means.



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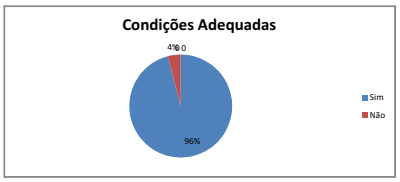

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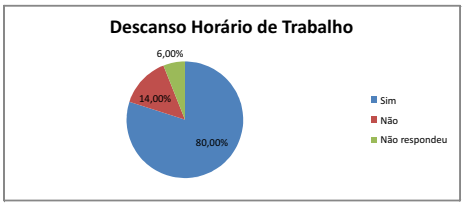

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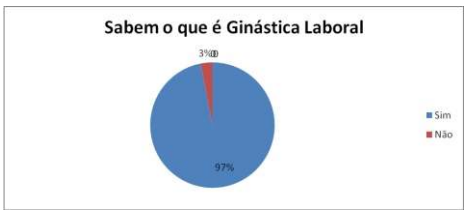
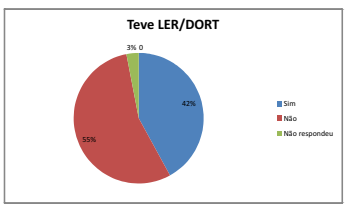
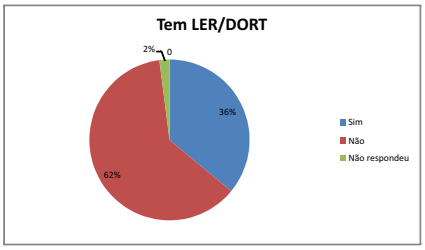


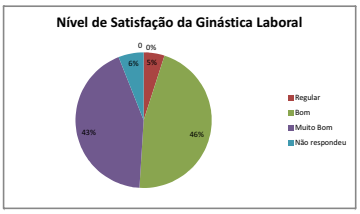
When asked if you had RSI/WMSD 42% answered yes while 55% never had and 3% did not answer that question.



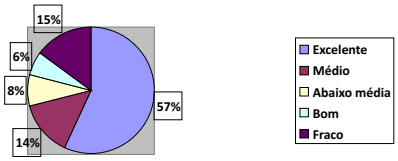
When asked who has RSI/WMSD 36% responded that they have, while 62% are in good health and 2% did not answer that question. Was identified tendonitis, bursitis, herniated disc, arthritis, neuritis, arthritis, multiple sclerosis, pronator syndrome.



With regard to the practice of gymnastics and satisfaction 5% responded that it is regular, 46% said it was good, 43% say it is very good and 6% did not answer that question.



Parallel to the research field was applied in avalição testing measures to check the ability of handgrip strength. Where it was identified that the one hundred and sententa servers with level 57% are excellent, as are 14% on average, 8% below average, 6% are with good levels of strength and 15% are with weak levels of force.

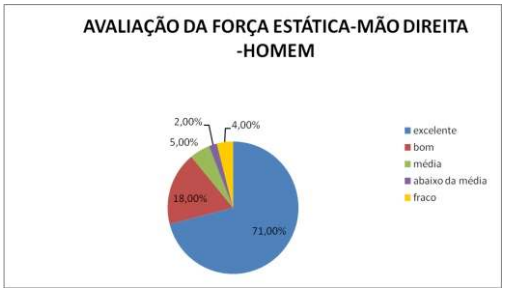


Source: (HARTMANN & ROCHA, 2009)

When comparing the evaluations of the data obtained in accordance with (HARTMANN & ROCHA, 2009) compared to 2010, we can interpret that there was improvement in handgrip both in males as in females as shown in the charts below:

EVALUATION OF RIGHT HAND – MAN

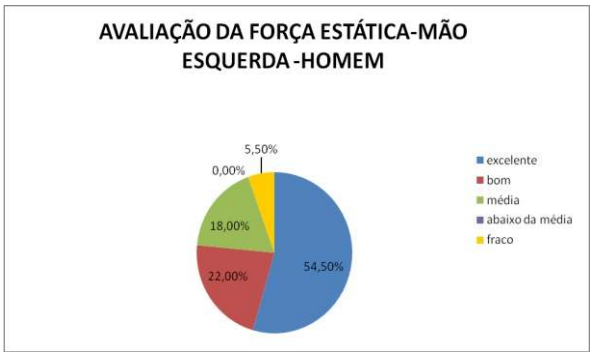
Of the 82 (eighty-two) males, 4% were assessed as WEAK as 2% BELOW AVERAGE, as within 5% AVERAGE 18% as BOM and finally 71% rated as EXCELLENT.



SOURCE: (HARTMANN & ROCHA, 2010)

EVALUATION OF LEFT HAND – MAN

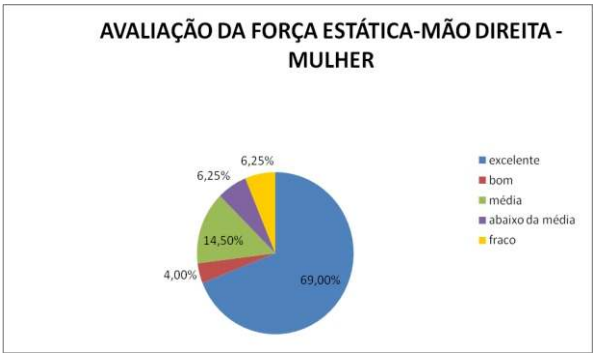
Of the 82 (eighty-two) males, 5.5% were assessed as WEAK as 0% BELOW AVERAGE, 18% and within the AVERAGE, 22% as BOM and finally 54.5% rated as EXCELLENT.



SOURCE: (HARTMANN & ROCHA, 2010)

EVALUATION OF RIGHT HAND – WOMAN

Of the 74 (seventy-four) are single females, 6.25% were evaluated as WEAK as 6.25% BELOW AVERAGE, as 14.5% within the AVERAGE, GOOD as 4% and finally 69% as assessed EXCELLENT.



SOURCE: (HARTMANN & ROCHA, 2010)

EVALUATION OF LEFT HAND – WOMAN

Of the 74 (seventy-four) are single females, 6.25% were evaluated as WEAK as 6.25% BELOW AVERAGE, as 33.5% within the AVERAGE, GOOD as 4% and finally 50% as assessed EXCELLENT.



SOURCE: (HARTMANN & ROCHA, 2010)

The same individuals who performed the handgrip test, tested for flexibility where it was found that they are in accordance with international standards (AMERICAN MEDICAL ASSOCIATINON, 1995) evaluated when the joints of the wrist flexion and extension.

Contextualizing the concept of research that is much discussed, but most researchers agree that scientific research means a relentless pursuit of truth, the answer to the problems proposed research is necessary when we do not have those answers when we do not have the information sorted about the problem.

Search is proceeding rationally and systematically in the pursuit followed by a methodological sequence.

The methodology chosen for the field research was based on the application of 01 (a) questionnaire closed / open, which was specific to workers in the areas of visual computing and control, bureaucratic and administrative work generally, as well as other types of services.

It is intended that this assessment generates phenomenal understanding and explanation, which in turn would bring what is "random" common sense knowledge to the epistemological, then generating prescription and forecasting within a hermeneutic cycle.

CONSIDERATIONS

After review and discussion of the results it was found that the magistrates/servers Regional Labor Court 19 th Region of Alagoas are within international standards according to the protocols used in the assessment of grip and flexibility of the wrist joint of flexion and extension after an intervention program for gymnastics classes conducted from February 2007 to October 2012 with five-year intervention.

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DEPLOYMENT OF GYM WORK: A STUDY OF LONGITUDINAL PROFILE OF MAGISTRATES/SERVERS REGIONAL LABOUR COURT 19th REGION ALAGOAS PRACTITIONERS OF A GYM WORK

ABSTRACT

The Gymnastics began to be understood as a major tool in improving the physical health of the employee reducing and preventing occupational problems. For (HARTMANN et ali, 2008). The Regional Labor Court of Alagoas 19th Region concerned about the welfare of mankind in all its aspects, seeks to provide response mechanisms to prevent and minimize the consequences of various postural defects, injuries, occupational repetitive strain (RSI), structures that are degenerative and cumulative preceded by any pain or discomfort and even work-related disorders (MSDs), since we are aware that the body can not be separated from the mind, as it will only be complete and in full harmony, if running perfectly as a whole, in a single unit. Objective: To identify the profile of magistrates / servers Regional Labor Court of the 19th Region of Alagoas, received five years in a program of gymnastics classes. Methods: The sample consisted of 156 magistrates / servers in Building Quintella Cavalcante in Maceió-AL. Of these, 82 were male and 74 representing 53% female 47%. Of the 156 who responded to the questionnaires servers 82 are of an age between 20 to 64 years old, with mean = 41.34 years, and 74 are of an age group between 25 and 62 years old, with mean = 39.95 years . Conclusion After review and discussion of the results it was found that the magistrates / servers Regional Labor Court 19 th Region of Alagoas are within international standards according to the protocols used in the assessment of grip and flexibility of the wrist joint of flexion and extension, after the intervention of a program of gymnastics classes conducted from February 2007 to October 2012 with five-year intervention.

KEYWORDS: Gymnastics, Profile, Read and Dort.

DÉPLOIEMENT DE TRAVAIL GYM: UNE ÉTUDE DE PROFIL LONGITUDINAL DES MAGISTRATS / SERVEURS TRIBUNAL RÉGIONAL DU TRAVAIL 19E PRATICIENS ALAGOAS RÉGION DE L'ŒUVRE GYM

RÉSUMÉ

La gymnastique a commencé à être considéré comme un outil majeur dans l'amélioration de la santé physique de l'employé réduire et de prévenir les problèmes professionnels. Pour (HARTMANN et ali, 2008). Le Tribunal du travail régional de la 19e région Alagoas préoccupés par le bien-être de l'humanité sous tous ses aspects, vise à fournir des mécanismes d'intervention pour prévenir et minimiser les conséquences de divers défauts de posture, les blessures au travail répétitif (LATR), structures qui sont dégénératives et cumulatifs précédée d'une douleur ou d'inconfort et même de travailler troubles liés (TMS), car nous sommes conscients que le corps ne peut pas être séparée de l'esprit, car il ne sera complète et en pleine harmonie, si vous utilisez parfaitement dans son ensemble, dans une seule unité. Objectif: identifier le profil des magistrats des tribunaux du travail / serveurs Régional de la Région 19 Alagoas, a reçu cinq ans dans un programme de cours de gymnastique. Méthodes: L'échantillon se composait de 156 magistrats / serveurs dans Construction Quintella Cavalcante à Maceió-AL. Parmi ceux-ci, 82 étaient de sexe masculin et 74 représentant 53% de femmes 47%. Sur les 156 qui ont répondu aux questionnaires serveurs 82 sont d'un âge compris entre 20 et 64 ans, avec une moyenne = 41,34 années, et 74 sont d'une tranche d'âge entre 25 et 62 ans, avec une moyenne = 39,95 années . Conclusion Après étude et discussion des résultats, il a été constaté que les magistrats / serveurs Région tribunal du travail régional 19 e d'Alagoas sont dans les normes internationales selon les protocoles utilisés dans l'évaluation de l'adhérence et la souplesse de l'articulation du poignet en flexion et extension, après l'intervention d'un programme de cours de gymnastique menées de Février 2007 à Octobre 2012, avec cinq ans d'intervention.

MOTS-CLÉS: gymnastique, profil, lire et Dordrecht.

DESPLIEGUE DE TRABAJO GYM: UN ESTUDIO DE PERFIL LONGITUDINAL DE MAGISTRADOS/SERVIDORES REGIONALES TRIBUNAL LABORAL 19A REGION DE PROFESIONALES DE ALAGOAS DE UNA OBRA GYM

RESUMEN

Los Gimnasia comenzó a ser entendida como una herramienta importante para mejorar la salud física del empleado reducción y prevención de los problemas laborales. Para (Hartmann et ali, 2008). El Tribunal Regional del Trabajo de la Región 19a Alagoas preocupado por el bienestar de la humanidad en todos sus aspectos, busca proporcionar mecanismos de respuesta para prevenir y minimizar las consecuencias de diversos defectos posturales, lesiones, tensión repetitiva (RSI ocupacional), estructuras que son degenerativas y acumulativo precedida por algún dolor o incomodidad e incluso de los trastornos (TME), ya que somos conscientes de que el cuerpo no puede separarse de la mente, ya que sólo será completa y en plena armonía, si se ejecuta perfectamente como un todo, en una sola unidad. Objetivo: identificar el perfil de los magistrados / servidores Tribunal Regional del Trabajo de la Región 19 de Alagoas, recibió cinco años en un programa de clases de gimnasia. Métodos: La muestra estuvo constituida por 156 magistrados / servidores en el Edificio Quintella Cavalcante en Maceió-AL. De éstos, 82 eran hombres y 74% mujeres representan el 53 al 47%. De los 156 que respondieron a los cuestionarios de los servidores 82 son de una edad entre 20 y 64 años de edad, con una media = 41,34 años, y 74 de un grupo de edad entre 25 y 62 años de edad, con una media = 39,95 años. Conclusión Después de la revisión y discusión de los resultados se encontró que los magistrados/servidores Tribunal Regional del Trabajo, 19 ª Región de Alagoas están dentro de los estándares internacionales de acuerdo con los protocolos que se utilizan en la evaluación de la adherencia y flexibilidad de la articulación de la muñeca de la flexión y extensión, después de la intervención de un programa de clases de gimnasia realizados desde febrero 2007 hasta octubre 2012 con la intervención de cinco años.

PALABRAS CLAVE: Gimnasia, perfil, Lea y Dordrecht.

IMPLANTAÇÃO DA GINÁSTICA LABORAL: UM ESTUDO LONGITUDINAL DO PERFIL DE MAGISTRADOS/SERVIDORES DO TRIBUNAL REGIONAL DO TRABALHO 19ª REGIÃO DE ALAGOAS PRATICANTES DE UM PROGRAMA DE GINÁSTICA LABORAL

RESUMO

A Ginástica Laboral começou a ser compreendida como um grande instrumento na melhoria da saúde física do trabalhador reduzindo e prevenindo problemas ocupacionais. Para (HARTMANN et ali, 2008). O Tribunal Regional do Trabalho de Alagoas 19º Região preocupado com o bem estar do homem, em todos os seus aspectos, procura proporcionar mecanismos de respostas que previnam e minimizem as conseqüências dos mais diversos vícios posturais, das lesões ocupacionais por esforço repetitivo (LER), que são estruturas degenerativas e cumulativas precedidas de alguma dor ou incômodo e ainda os distúrbios relacionados ao trabalho (DORT), visto que somos conscientes que o corpo não pode ser separado da mente, pois ele só estará completo e em harmonia plena, se estiver funcionando perfeitamente como um todo, num conjunto inseparável. Objetivo: identificar o perfil dos magistrados/servidores do Tribunal Regional do Trabalho da 19ª Região de Alagoas, submetidos a cinco anos em um programa de aulas de ginástica laboral. Metodologia: A amostra constituiu-se de 156 magistrados/servidores no Prédio Quintella Cavalcante em Maceió-AL. Destes, 82 são do sexo masculino representando 53% e 74 do sexo feminino representando 47%. Dos 156 servidores que responderam aos questionários 82 são de uma faixa etária entre 20 a 64 anos de idade; com média=41,34 anos e 74 são de uma faixa etária entre 25 e 62 anos de idade; com média=39,95 anos. Conclusão Após análise e discussão dos resultados constatou-se que os magistrados/servidores do Tribunal Regional do Trabalho 19ª Região de Alagoas estão dentro das normas internacionais segundo os protocolos utilizados na avaliação de preensão manual e da flexibilidade da articulação de punho dos movimentos de flexão e extensão, após intervenção de um programa de aulas de ginástica laboral realizado no período de fevereiro de 2007 a outubro de 2012 com duração de cinco anos de intervenção.

PALAVRAS-CHAVE: Ginástica Laboral, Perfil, Ler e Dort.