129 - DEPLOYMENT OF GYM WORK: A CASE STUDY OF MAGISTRATES PROFILE/ SERVERS REGIONAL LABOUR COURT 19th REGION ALAGOAS.

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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.

ver 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.

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 evolution 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.

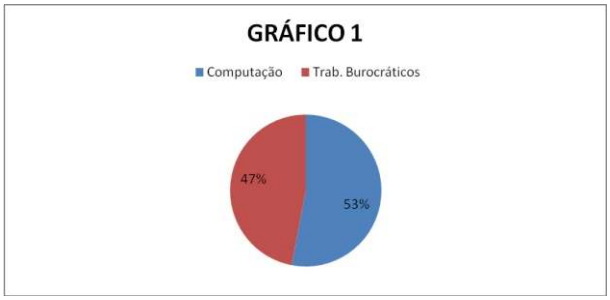
PROCEDURES

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/serves the Regional Labor Court of the 19th Region of Alagoas.

The sample consisted of 156 magistrates / servers Building Bridges Miranda 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.

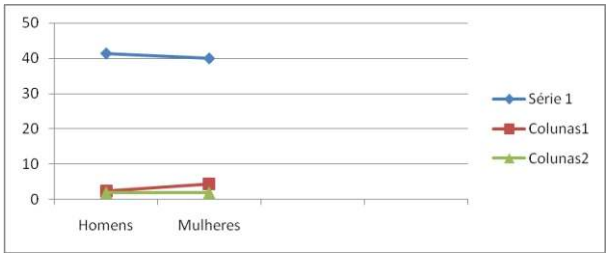
RESULTS

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.

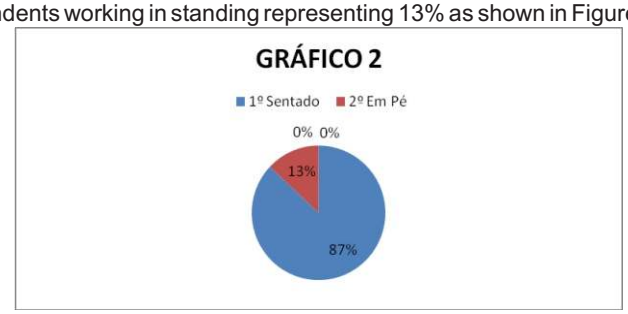


156 questionnaires were distributed in Building Bridges of Miranda in Maceió-AL. Completely all questionnaires were completed, of these, 82 are male and 74 representing 53% female 47%.

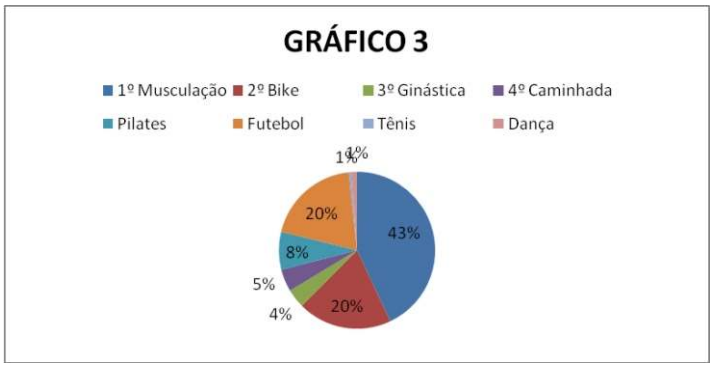
Of the 156 who responded to the questionnaires servers 82 are in an age range between 20 to 64 years, with mean = 41.34 years, and 74 are of an age group between 25 and 62 years old, with mean = 39.95 years.



Although the 156 who answered the servers, 150 responded who work sitting representing 87% of total servers, this means that they spend most of their time working in the same position, and may have future problems venous return and submit a repetitive strain injury , 06 respondents working in standing representing 13% as shown in Figure 2.



As to practice physical activity outside of working hours, the 156 respondents 91 servers who practice physical activities representing 58% and 63 replied that they do not practice physical activities outside working hours comprising 42%. The most popular activities are shown in Figure 3.

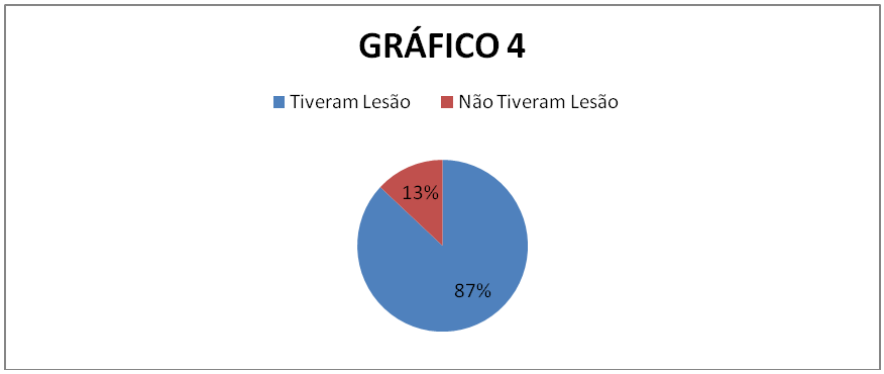


Although the 156 servers that responded to the questionnaires, 93 responded that yes they know what is RSI/WMSD which represents 59% of total servers while 63 did not know what it means representing 41%.

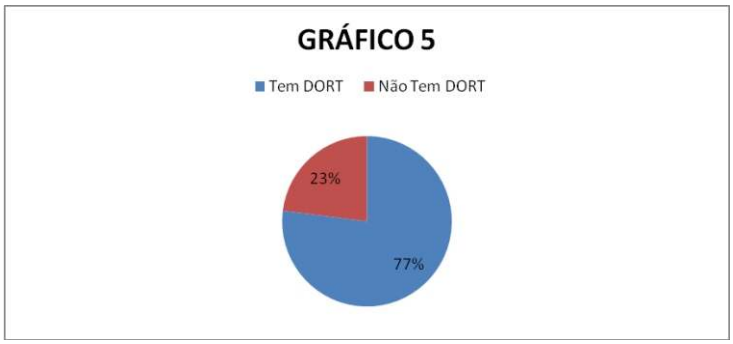
When asked if the workplace offers good accommodation, the 156 servers who answered the questionnaire, 75% responded yes to your workplace offers appropriate conditions and 25% said no offers good accommodation.

Yet when asked for the same population range are made during working hours, the 156 servers who answered the questionnaires, 94% responded yes they do break during work hours, while 6% said they do not break.

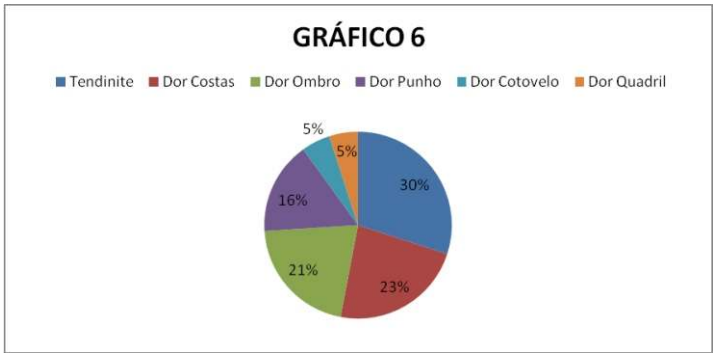
Although the 156 servers who answered the questionnaires, 87% responded yes they have had repetitive strain injury, and 13% have never had such lesions, as shown in Figure 4.



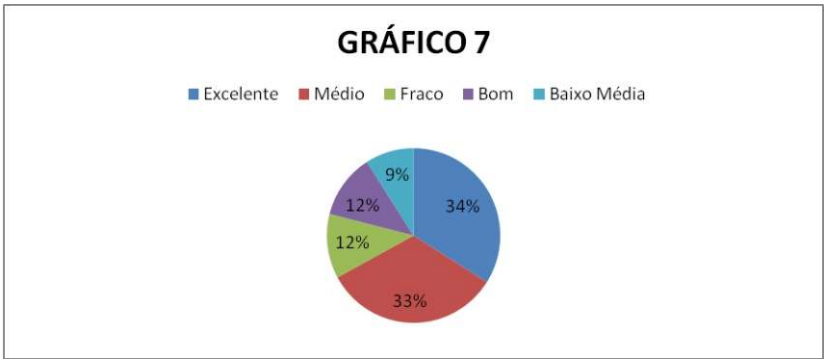
Also in the issue you have any repetitive strain injury (RSI) or some work-related musculoskeletal disorders (MSDs), or some kind of tendonitis? the 156 servers 77% responded that they have some kind of tendinitis or some repetitive stress injury.



In view of the above the most identified are: tendonitis, back pain, shoulder pain, wrist pain, elbow pain as shown in figure 6.



When applied to the handgrip test the 156 servers, 93 did such a test representing 60% of the servers, these results is shown in Figure 7. Where we can see that the level of grip this acceptable to the functions they perform in their day-to-day.



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.

FINAL ACCOUNT

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 when compared with the scale of flexibility, since with respect to variable handgrip strength they need the intervention of gymnastics, so you can better the level of manual force.

We suggest a program of gymnastics where they give emphasis strength and flexibility of the wrist joint.

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

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: This study aimed to identify the profile of magistrates/servers Regional Labor Court of the 19th Region of Alagoas. Methods: The sample consisted of 156 magistrates / servers Building Bridges Miranda 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 . 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 when compared with the scale of flexibility, according to (AMERICAN MEDICAL ASSOCIATINON, 1995) now with respect to variable handgrip strength they need the intervention of gymnastics, so you can better the level of manual force. We suggest a program of gymnastics where they give emphasis strength and flexibility of the wrist joint.

KEYWORDS: Gymnastics, Profile, RSI.

DÉPLOIEMENT DE TRAVAIL GYM: UNE ÉTUDE DE CAS DE PROFIL MAGISTRATS/ SERVEURS TRIBUNAL RÉGIONAL DU TRAVAIL 19E RÉGION ALAGOAS.

RÉSUMÉ

La gymnastique a commencé à comprendre comme un outil majeur dans l'amélioration de la santé physique de l'employé Réduction et prévention des problèmes professionnels. Pour (HARTMANN et ali, 2008). Le Tribunal du travail régional de la 19e région Alagoas Préoccupé par le bien-être de l'humanité sous tous ses aspects, vise à fournir de réponse et de réduire des mécanismes communs pour prévenir les conséquences de divers défauts de posture, les blessures au travail répétitif (LATR), les structures et cumulatifs dégénératives Qui Sont précédé par une douleur ou une gêne et même affections liées au travail (TMS), car nous sommes conscients que le corps ne peut pas être séparé de l'esprit, il ne sera que la parfaite harmonie et en totalité, si vous utilisez parfaitement dans son ensemble, en une seule unité. Objectif: Cette étude visait à identifier le profil des magistrats des tribunaux du travail/serveurs Régional de la Région 19 Alagoas. Méthodes: L'échantillon se composait de 156 magistrats/ serveurs Building Bridges Miranda à Maceió-AL. Parmi ceux-ci, 82 étaient des hommes et 53% 74 femmes représentant 47%. Sur les 156 qui ont répondu à des serveurs 82 questionnaires 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. Après étude et discussion des résultats, il a été constaté que les magistrats/serveurs tribunal régional du travail 19 Région ème d'Alagoas sont dans les normes internationales par rapport à l'échelle de flexibilité, d'après (AMERICAN MEDICAL ASSOCIATINON, 1995) aujourd'hui à l'égard de poignée variable d'ils ont besoin de la force d'intervention de la gymnastique, de sorte que vous pouvez mieux le niveau de force manuelle. Nous vous proposons un programme de gymnastique où l'accent Ils donnent de la force et de la souplesse de l'articulation du poignet.

MOTS-CLÉS: gymnastique, profil, RSI.

DESPLIEGUE DE TRABAJO GYM: UN ESTUDIO DE CASO DE PERFIL JUDICIAL/ TRIBUNAL DEL TRABAJO REGIONAL REGION EL SERVIDOR ALAGOAS 19E.

RESUMEN

Gimnasia comenzó a entender como una herramienta importante para mejorar la salud física de la reducción de personal y los profesionales de la prevención de problemas. Para (Hartmann et ali, 2008). El Tribunal Regional del Trabajo de la Región 19a Alagoas Preocupados por el bienestar de la humanidad en todos sus aspectos, tiene como objetivo proporcionar una respuesta y reducir los mecanismos para evitar las consecuencias de diversos defectos posturales, lesiones en el trabajo degenerativas estructuras repetitivas (RSI) y acumulativo que están precedidos por el dolor o malestar e incluso de los trastornos (TME), porque sabemos que el cuerpo no puede separarse de la mente, sólo se perfecta armonía y en su totalidad, si se utiliza perfectamente en su conjunto, como una unidad. Objetivo: El presente estudio tuvo como objetivo identificar el perfil de los jueces de los tribunales del trabajo/servidores Región 19 Regional Alagoas. Métodos: La muestra estuvo constituida por 156 jueces/Server Building Bridges Miranda Maceió-AL. De éstos, 82 eran hombres y 53 mujeres que representan el 47% del 74%. De los 156 que respondieron a los cuestionarios de 82 servidores tienen entre 20 y 64 años, con una media = 41,34 años, y 74 tienen una edad entre 25 y 62 años, con un media = 39,95 años. Después de la revisión y discusión de los resultados, se encontró que los jueces/ servidor Regional Región Juzgado de lo Social de 19 de Alagoas en las normas internacionales se comparan con la escala de la flexibilidad, de acuerdo con (ASSOCIATINON Médica Americana, 1995) hoy en día con respecto a manejar variables que necesitan la fuerza de intervención en la gimnasia, por lo que se puede mejorar el nivel de fuerza manual. Ofrecemos un programa de gimnasia donde el énfasis que le dan fuerza y flexibilidad de la muñeca.

PALABRAS CLAVE: gimnasia, el perfil de RSI.

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

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: O presente estudo teve como objetivo identificar o perfil dos magistrados/servidores do Tribunal Regional do Trabalho da 19ª Região de Alagoas. Metodologia: A amostra constituiu-se de 156 magistrados/servidores do Prédio Pontes de Miranda 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. 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 quando comparados com a tabela de flexibilidade, segundo o (AMERICAN MEDICAL ASSOCIATINON, 1995) já com relação a variável força de preensão manual os mesmos precisam da intervençao da ginástica laboral, para que possa melhor o nível de força manual. Sugere-se um programa de ginástica laboral aonde se dê enfase a força e a flexibilidade da articulação de punho.

PALAVRAS-CHAVE: Ginástica Laboral, Perfil, LER.