

ergonomi

www.glasbergen.com



**“My doctor told me to keep in shape.
Well, this is my shape and I’m keeping it!”**

Hvorfor er ergonomi vigtigt?

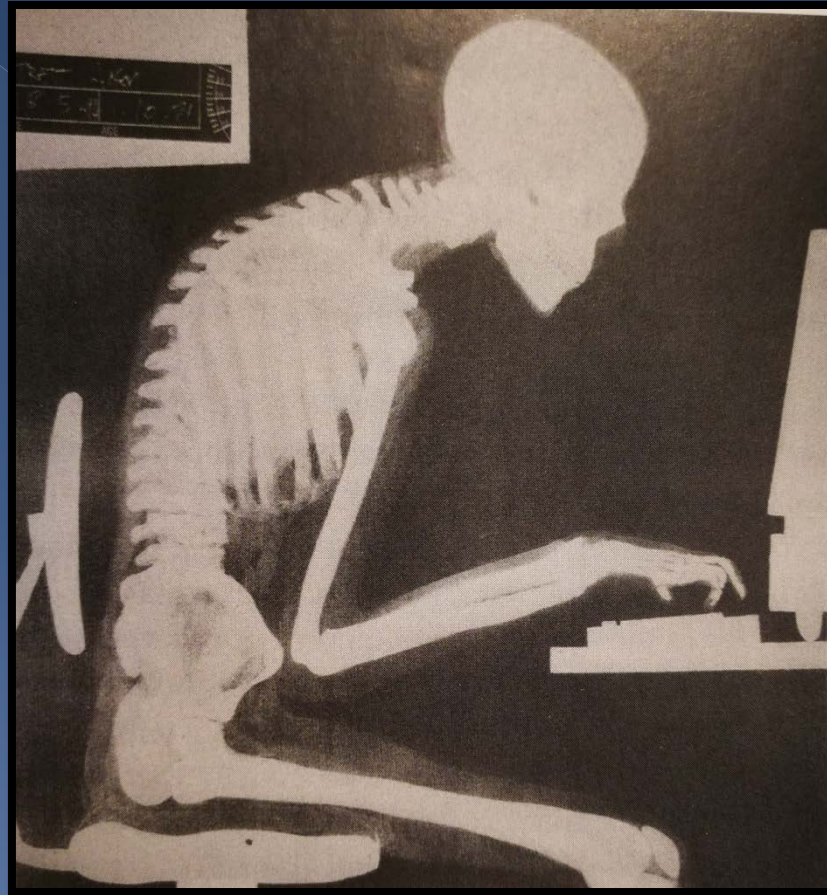
Helbred



Funktion

læren om samspil mellem mennesker og andre elementer i et system

Danskere sidder 10 timer om dagen

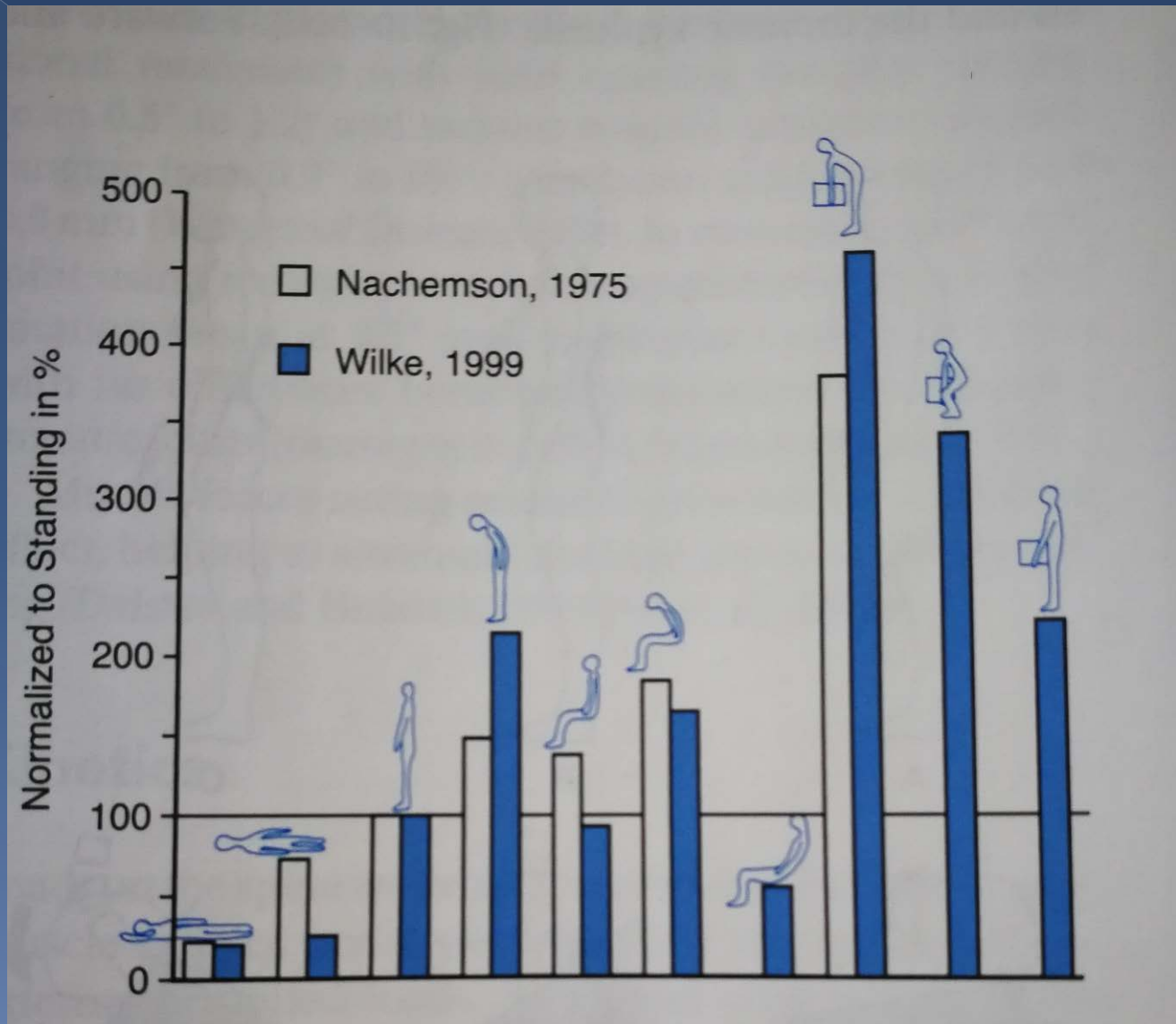


<http://forskning.dk/vi-sidder-ti-timer-dagligt-uanset-alder-uddannelse-og-job/>

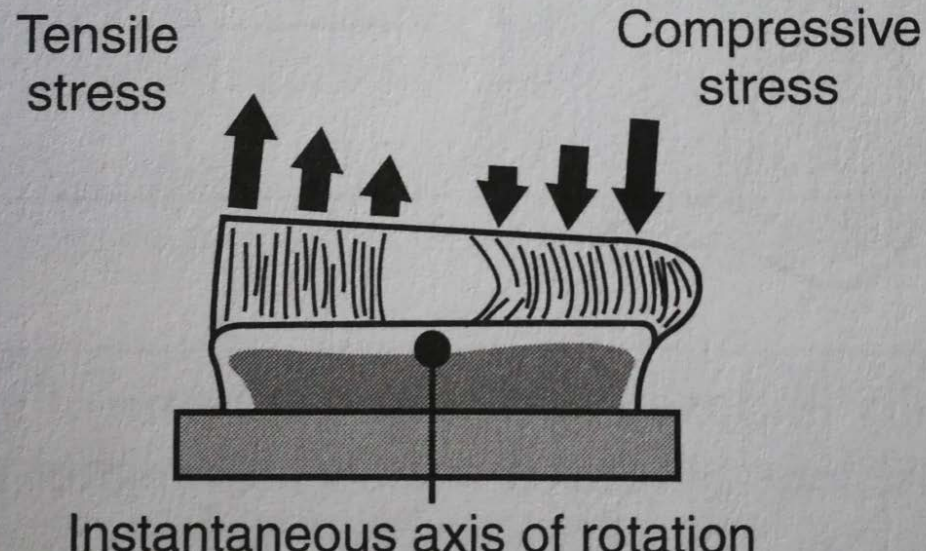
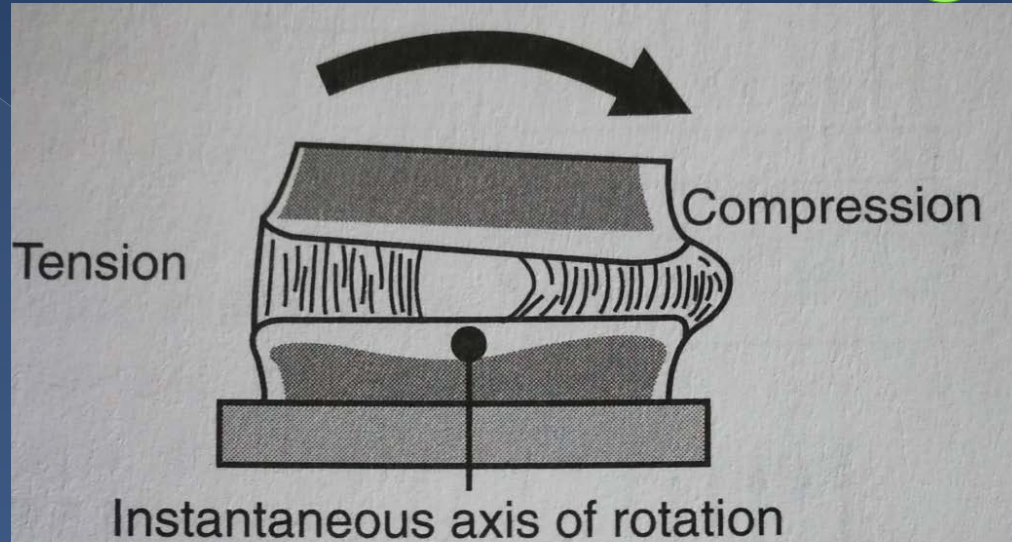
En sund ryg

- Hvordan bliver ryggen belastet?
- Hvilke typer af belastning er uhensigtsmæssige?
- Findes den gode holdning?

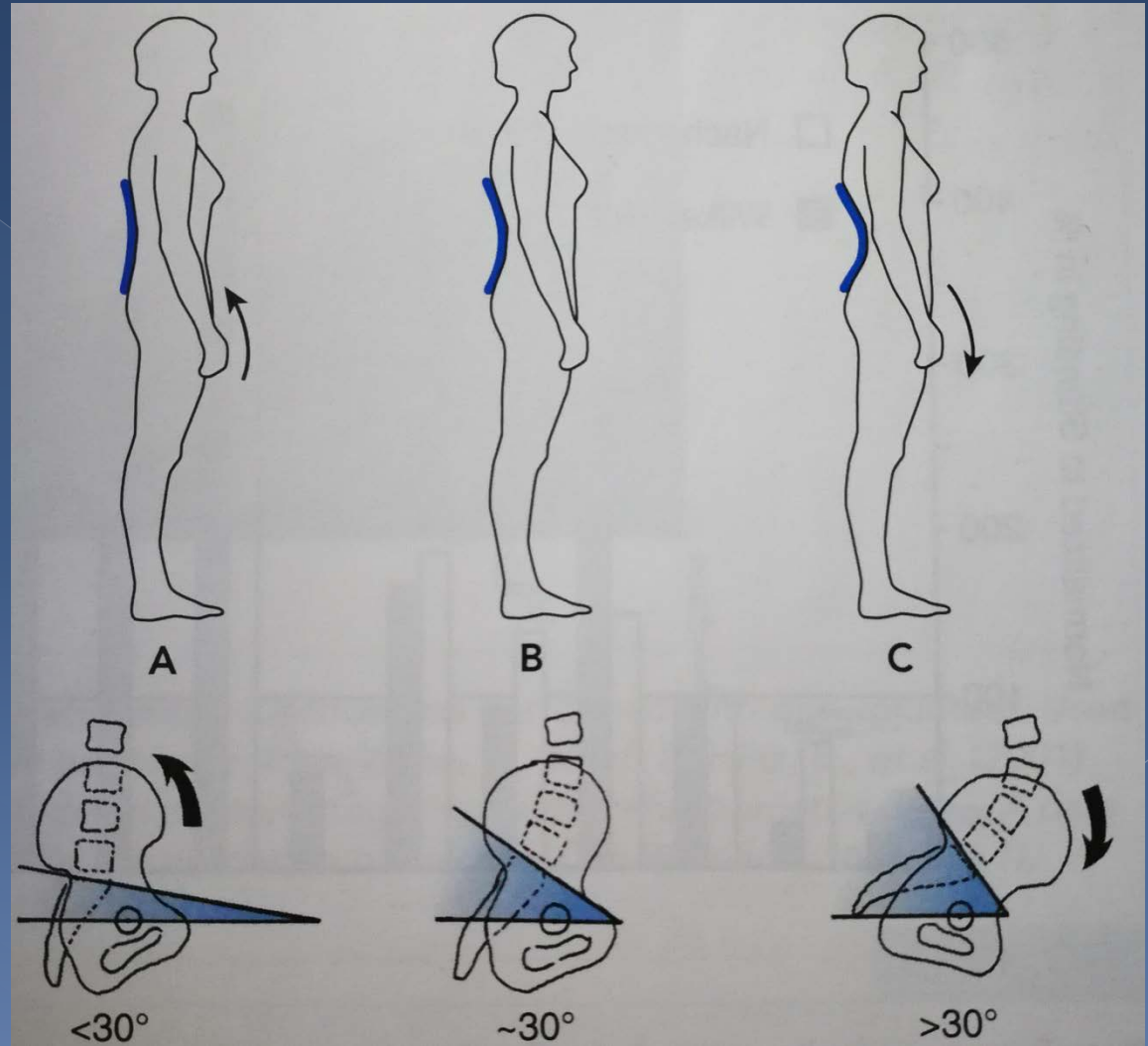
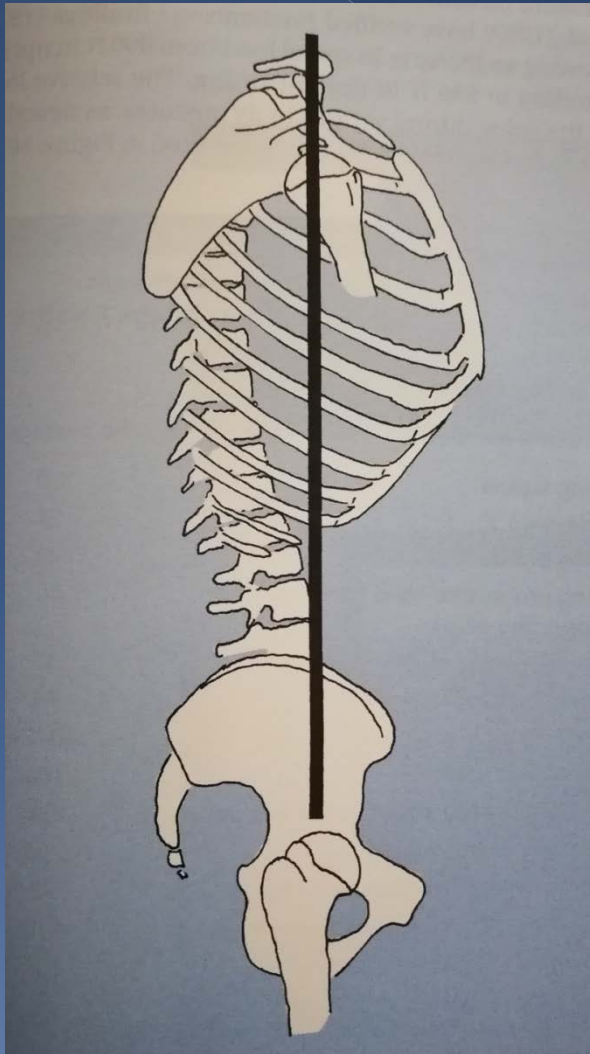
Typiske hverdagsstillinger



Mekanikken bag



Minimizing of rygbelastning



Muskelkorsett/Core



**CHECK OUT HOW ALL
OF THE CORE MUSCLES
WRAP AROUND
THEMSELVES**

like a corset

Viskoelasticitet



Tensegritet



Tensegritet



En sund ryg

- ◉ Hvordan bliver ryggen belastet?
 - ◉ Kommer an på kropstillingen
- ◉ Hvilke typer af belastning/stillinger er uhensigtsmæssige?
- ◉ Den stilling man bliver hængende i for længe!
 - ◉ Findes den gode holdning?
- ◉ Ja, den næste stilling er den bedste stilling.

How to sit when you're a kid

- by Betje.com -



There are so many options!!

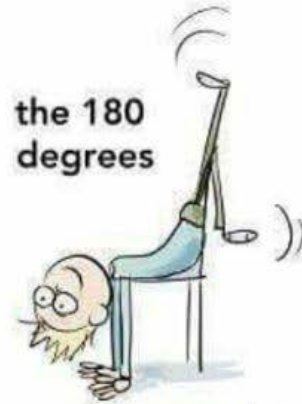
the picnic



the hammock



the 180 degrees



the used towel



the frog



the life guard



the tent



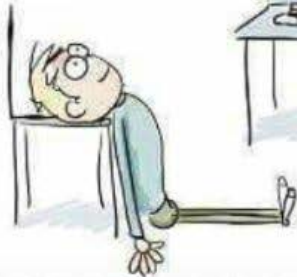
the risk



the 50/50



the waterfall



Just remember...
Don't EVER sit like this.

Unless you want to look totally ridiculous.



Lacross bold

