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ERGONOMY, INITIAL MEDICAL EXERCISE THERAPY AND QUALITY OF LIFE

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ABSTRACT

Demands originated of social actions, of health, legal or services and products management, stimulate the business organization to realize researches and ergonomic changes in their trials, those adaptations are necessary the new world business order, because they aggregate value to their services and products. In this perspective, quality of life programs, including actions in favor of the ergonomics, that possess in its essence the concern with the health, safety, the comfort and the efficient performance, are being each time more diffused and accepted. Among the ergonomic actions there is the practice of the Medical Exercise Therapy (MET). The objectives of this study were: to identify if there is a relation between the Initial Medical Exercise Therapy and the Quality of Life in the company, to verify and correlate the improvements reached by the practice of exercise looking for a best quality of life in a “sucroalcooleiro” section of a company. There were 315 people collaborating in this study from the fleet “automotive” maintenance section, from the industrial section and from the work and patrimony safety section (civil work department). After 36, 17 and 5 weeks of the activities introduction was established improvement in the physical and psychosocial area. The first phase lasted two weeks and the average time was of three minutes and a half in each session, the second phase lasted two months with an average time of four minutes and fifty seconds, by session, and, finally, the third had an average time of six minutes and ten

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seconds in each session. It was concluded that the found improvements influenced the self-affection, the motivation, the staff conscience and the health promotion, what could interfere positively in the reduction of mistakes, this way initial medical exercise therapy are suggested, they should be inserted in ergonomic actions and business organizations destined to the people who perform functions with big physical stress.