

1. Título:

"Preventing back injuries."

2. Objetivos:

- a) Adquirir vocabulario inglés básico relacionado con la prevención de riesgos por manipulación de cargas.
- b) Estudiar las formas gramaticales más apropiadas para impartir instrucciones preventivas

3. Contenidos de la propuesta:

- Conceptuales:
 - Dominio del vocabulario y terminología en inglés sobre anatomía de la columna vertebral y los procedimientos para una manipulación de cargas sin riesgos para la espalda.
- Procedimentales:
 - Identificación de términos en un texto.
 - Análisis de formas gramaticales.
 - Lectura comprensiva.
- Actitudinales:
 - Fomentar la conciencia sobre los riesgos para la espalda derivados de una manipulación de cargas incorrecta y de la posibilidad de evitarlos.

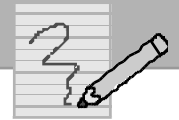
4. Relación con los temas transversales:

Los contenidos tratados se vinculan principalmente con la educación para la salud y complementan otras propuestas de esta unidad didáctica de salud laboral (ver tema propuesto para Educación Física).

5. Sesiones de trabajo:

La lectura de un texto sobre anatomía de la espalda y localización de términos anatómicos sobre esquema corporal, análisis gramatical de las formas imperativas a propósito del texto "How to lift it properly", y lectura de normas de prevención de lesiones de espalda relacionando títulos, textos y dibujos.

ACTIVIDAD 1



Find words in the text to label in the picture.

Anatomy of a healthy back

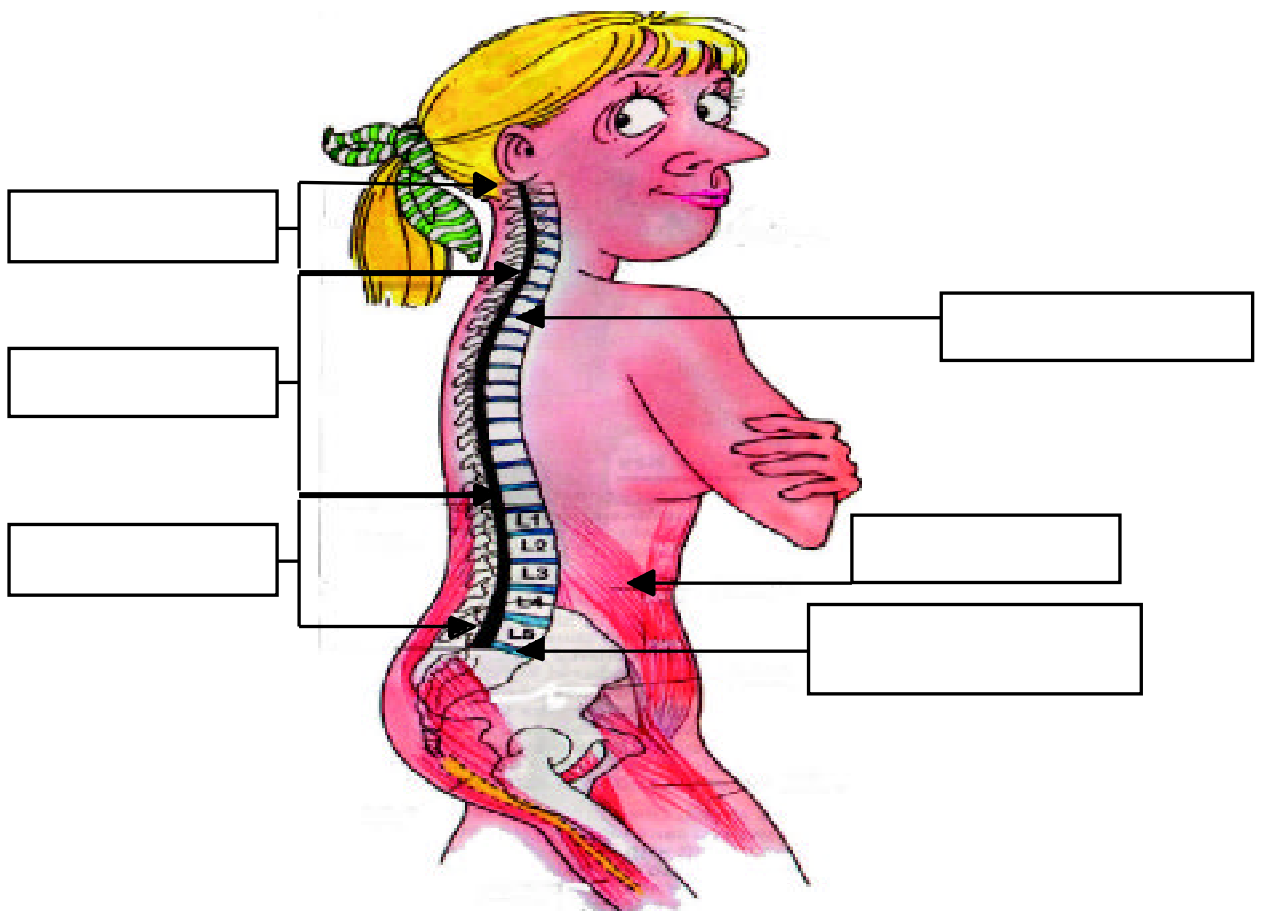
Supporting the back is the spinal column made up of 24 bony vertebrae stacked one upon another. Separating the vertebrae are soft discs made of cartilage which act as shock absorbers and allow the vertebrae to move.

Most people don't realize that the abdominal muscles give the back its support, with help from the muscles and the ligaments that run along the spinal column. A healthy back is properly aligned with its three natural curves (cervical, thoracic and lumbar) in their normal balanced position, and supported by strong muscles.

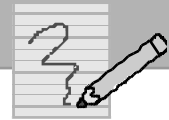
The Lower Back

Because we stand upright, most of our body weight falls squarely on the vertebrae (L1 through L5) of the lower back (the lumbar region), making it prone to injury. Abdominal and back muscles weakened from underuse or poor posture can deprive the spinal column from the support it needs. A sudden twist or careless lift can injure the lower back.

The best way to ensure a healthy back is to keep all your body's muscles strong, watch your posture, and above all, learn good lifting and material handling techniques. Find words in the text to label in the picture




ACTIVIDAD 2




What do you know about imperative?

How to Lift Properly


1 ▶ **Get a firm footing.** Keep your feet apart (shoulder width) for a stable base; point toes out.




4 ▶ **Lift with your legs.** Let your powerful leg muscles do the work of lifting, not your weaker back muscles. Maintain your three natural curves.




2 ▶ **Bend your knees.** Don't bend at the waist. Keep the principles of leverage in mind. Don't do more work than you have to. Maintain your three natural back curves.




5 ▶ **Keep load close.** Don't hold the load away from your body. The closer it is to your spine, the less force it exerts on your back.




3 ▶ **Tighten stomach muscles.** Abdominal muscles support your spine when you lift, offsetting the force of the load. Train muscle groups to work together.



6 ▶ **Keep your back upright.** Whether you are lifting or putting down the load, don't add the weight of your body to the load. Avoid twisting; it can cause injury.





- Look at these two sentences
 Bend your knees
 Don't you bend at your waist

- a) How do we call this tense?
- b) How do you recognize it?

- Remember. We use the imperative:

→ To give instructions.
Press the red button to get a coke.

→ To warn about something.
Be careful! That load is very heavy.

→ To advise
Keep your back upright.

→ To ask people to do things.
Pass the salt, please.

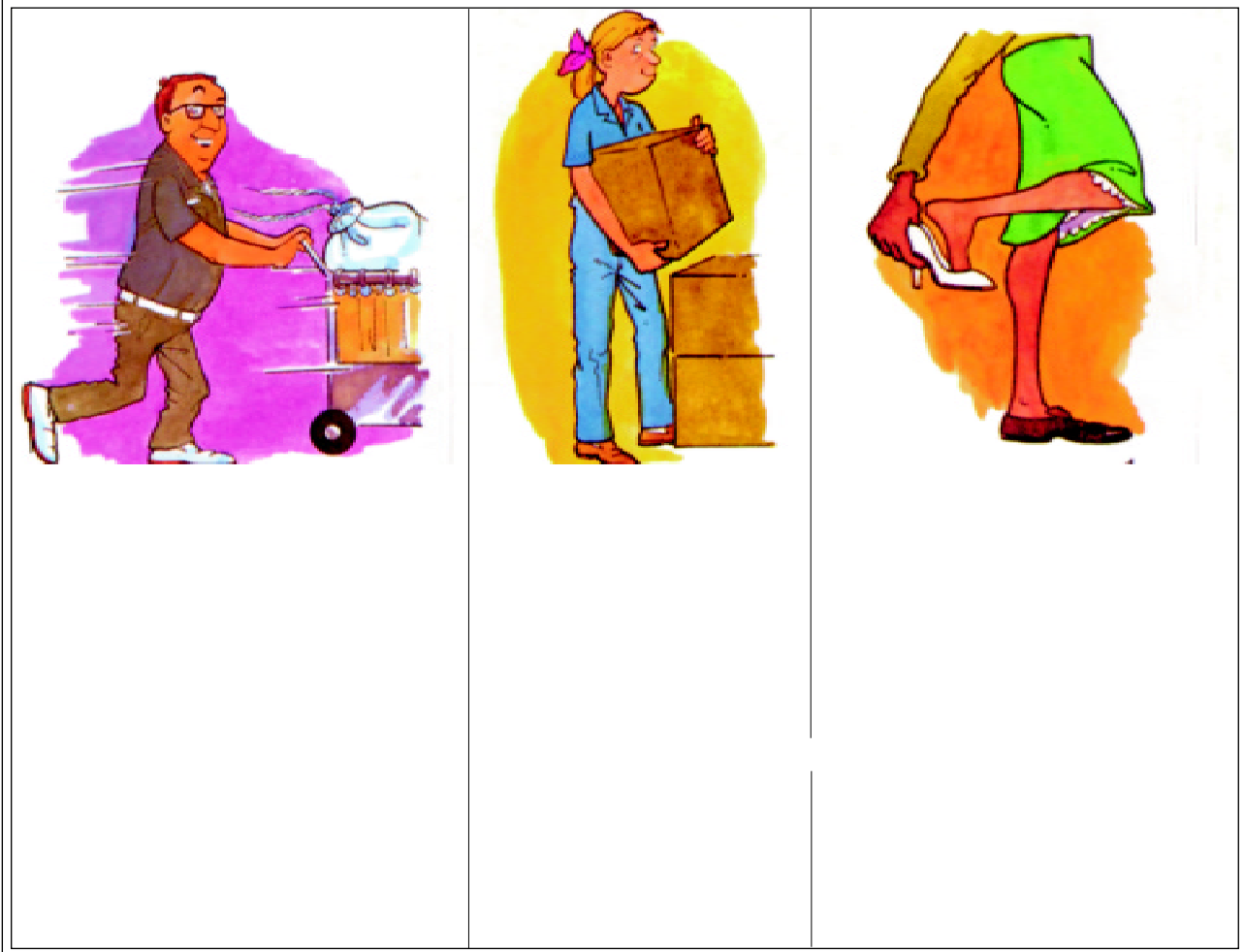
→ To make offers.
Have a coke with us.

- Find more examples of the imperative in "How to lift it properly" Write them on this table.

IMPERATIVE	
AFFIRMATIVE	NEGATIVE

ACTIVIDAD 3

Look at the pictures and write the instruction.

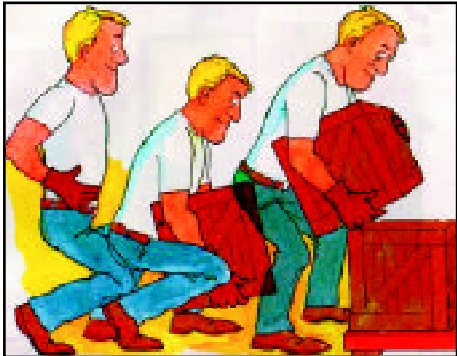
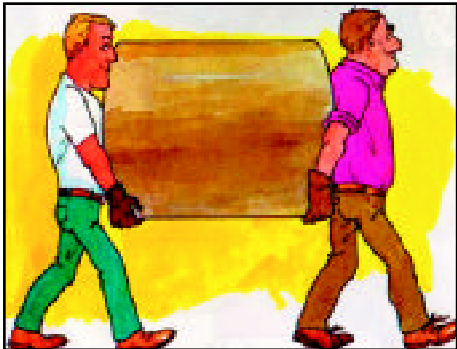



Instructions:

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ACTIVIDAD 4

Match the titles, texts and pictures.

PICTURE	TEXT	TITLE
	<p>Use good lifting techniques to load mechanical devices.</p> <p>Whenever possible, push rather than pull. Then uplift: apply the same good lifting techniques in reverse to unload.</p>	<p>Team lift</p>
	<p>When lifting, follow these steps.</p> <ol style="list-style-type: none"> 1. Get close to the load and grasp firmly. Hug it! 2. Keep your back in its natural alignment as you use your strong leg muscles to lift the load. 3. Set the load down smoothly. 	<p>Push, don't pull</p>
	<p>When team lifting pick one person to call the signals. The leader should direct the team so you all lift together, walk in step, and lower the load together, using the lifting principles shown above.</p>	<p>Lift it properly</p>