



Live Healthy



▶ Jogging – the other way to walk

Start calmly, understanding that jogging as a sport “to feel good”. You don’t need to be totally exhausted afterwards. You can be “too fast”, but never “too slow”, make a break, whenever you feel like. Find a nice running track. Just to run around the block, only because there are lights, is not motivating. It is best to run over fields, meadows and in forests. Routes with nature and a “belle view” are inspiring. Make fixed dates, possibly arrange a meet up with other running people, or join a club. Change the route and the length of the route from time to time. This is motivating and helps to gain self-confidence on achievements.

News

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In many **activities in the church**, such as the blessing of the sick and the Lord's Supper into account. The operating instructions practical advice for Coworkers of independent template acc. to the German Biostoff-requirements of the Infection Protection Act.



kitchen- and computer work, up to hygienic aspects have to be taken “Church Ministries” provides churches, and serves as a Verordnung(Act) to meet the

Die USB-Info [1/13 Hygienic kitchen equipment](#) completes the series about hygiene in kitchens, that we started with Info [2/12 Hygiene for kitchen staff](#) and was added by Info [3/12 Food Hygiene](#).

The Workshop Guidelines ASR1.8 "Verkehrswege" (traffic routes) regulate e.g. the minimum width of walkways. The minimum width of walkways is derived from the width of escape routes of the ASR A2.3 (they depend on the number of people in the catchment area) as a clear width [m]: up to 5 persons: 0,875 m, up to 20 pers.: 1,00; up to 200 pers.: 1.20 m; up to 300 pers.: 1.80 m; A shortfall of the minimum width of doors in the corridors of a maximum of 0,15 m can be accepted, but the clear must not be less than 0,80 m.

The occupational insurance associations have started a joint action in early 2013 about back health: "[Remember me. Your back](#)" with material, e.g. exercises for students and caregivers. A healthy spine contributes significantly to the quality of life!



Training

From the 8th.-9th. of November we organize an occupational health and safety conference ([Arbeitsschutz-Tagung](#)) together with the occupational insurance association (VBG), in Dorfweil/Hessen for Coworkers who are responsible for safety matters in churches.



Mr. Wolf Schmidt (foto) as leading person in the VBG, concerned with church matters, will present material and training possibilities esp. for church-Coworkers. We will have teaching about Fire prevention, Hygiene, Safe Celebration, burn out prevention. There will be a special dinner and you will have the possibility to talk with colleagues. [Registration](#) via website!

„Nothing is more strengthening, than trusting a person.“ Paul Claudel