



Live Healthy



Back pain is considered to be the most endemic disease. More than two-thirds of Germans suffer from back pain at least once in their lifetime. This can have many reasons. It is usually due to a lack of exercise, and physical or mental stress at work. There is a good news: You don't have to have pain in the back! Much stress can be reduced with only little effort. There are a number of simple exercises that you can do while sitting at your desk, like lifting the shoulders - see picture on the right.

When you change your sitting position frequently, instead of staying in a monotonous position, this is called "**dynamic sitting**" and it helps you to prevent from pain in the back. Your personal "shock absorber" - the intervertebral disc - needs a change of pressure and relief to be supplied with nutrients. At the same time, well-trained muscles stabilize your spine.

It is important to have a good **office chair** that has 5 feet, moving seats, a support of the shoulder blades and an adjustable lumbar support. By this it provides support and flexibility at the same time. On the website: www.deinruecken.de you can look for "exercises in the office" in the section: "Information für Beschäftigte" (Information for employees).



News

There is a new important judgment from the law-court in Schleswig about the obligation to wear a helmet when you ride a bicycle. The cyclist has a joint guilt, if it comes to an accident with head injuries, that would have been prevented or reduced by a helmet. In the specific case the cyclist has to bear 20% of his costs. (Judgment of 05.06.2013, Az 7 U 11/12). Though there is no obligation by law for cyclists to wear a helmet, the employer must provide a helmet and control its use when he expects his employee to ride a bicycle. – **Protect your head and your life!** –



Training

The Occupational Health and Safety Insurance (VBG) offers a new computer program titled: "Wege weisen". It explains four different situations in church, concerning: 1. escape ways, 2. the right use of ladders, 3. planning a small concert and 3. meetings. In the interactive program, you can find solutions for problems <http://vbg.de/wbt/kirche/application/startseite.htm>.

The new brochure: „Kirchen und kirchliche Einrichtungen – (Churches and religious organizations)" presents **VBG seminars**, for Coworkers in the church, which can be booked at www.vbg.de/seminare. The costs for these events are fully met by the VBG. They also cover the costs for the **occupational health and safety - conference** that we organize for local staff and safety representatives from churches and institutions of BEFG and BFP. This conference will take place from **Friday 08 to Sat 09 Nov** in Dorfweil / Hessen. Legal and technical innovations are presented, suggestions for practice are made and experiences can be shared with colleagues.

"Your own happiness can only multiply when you share it." Albert Schweitzer