

Energy Conservation Work Simplification Handouts

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Energy Conservation Work Simplification Handouts i. Simply by doing a job at a slower pace will reduce the energy needed to complete the job by up to 3 times. ii. A slow, steady rate of work, with short rest periods, will get the job done without doing you in. iii. Remember that fast walking takes 1 ½ times as much energy as slow walking & walking up stairs 7 times as much energy as walking on Fatigue Management - energy conservation techniques Energy Conservation - St. Joe's Work Simplification. Cancel tasks that are not really necessary. Delegate responsibilities to others. Simplify your methods of work . Sit to work whenever possible. Adjust height of work surfaces to allow for good posture. Use equipment when necessary to conserve energy. Avoid prolong exposure to moist heat. Energy Conservation Work Simplification Handouts around your body to work better. Sit when you can. Sitting supports your body so you can focus on your breathing and activities while conserving your energy. Sitting reduces energy use by 25%. Energy Conservation Tips Dressing and Hygiene Sit when you can. Organize and lay out clothing the night before. Energy Conservation - St. Joe's Work Simplification. Cancel tasks that are not really necessary. Delegate responsibilities to others. Simplify your methods of work . Sit to work whenever possible. Adjust height of work surfaces to allow for good posture. Use equipment when necessary to conserve energy. Avoid prolong exposure to moist heat. Energy Conservation | Department of Physical ... Energy conservation

techniques (ECTs) are also referred to as work simplification techniques, and both terms are very much within the realm of occupational therapy practice. In order to clear up a common misconception, let's state right off the bat that promoting ECTs is not synonymous with promoting the "art of laziness." Educating Your Patients About Energy Conservation ... September 11, 2016 January 25, 2019 Farzanna 0 Comments Aota energy conservation handout, conserving energy, Conserving Your Energy by using the 4 P, Energy, energy conservation and work simplification handouts, Energy conservation techniques, Energy conservation techniques for elderly, energy conservation techniques handout, Energy ... Energy Conservation And Work Simplification Handouts ... Conserving Your Energy During Household Tasks. Energy conservation is a way to modify the way you do your daily activities so it's easier for you to complete them. This information is very beneficial for people with limited endurance or those having breathing difficulties. Here are different ways to conserve energy in your home. Bathing/grooming Conserving Your Energy During Household Tasks Energy Conservation & Work Simplification If you have any problems/queries, please contact the Occupational Therapy Department Tel: 01935 384438 Leaflet No. 1400608 12/08 Occupational Therapy Department Helpful Contact Numbers • Wiltshire Farm Foods 01258 480180 • Home Farm Foods 0800 783 9554 • Care Direct 0845 345 9133 Energy Conservation & Work Simplification Tips to help you conserve your energy Take frequent rests before, during and after completing a task. Frequent short rest periods are better than a few long ones. The practice of resting before you

become tired/exhausted is so effective that it should be your top priority in energy conservation. Do not fall into the 'five minutes more' trap. Using your energy wisely - Guy's and St Thomas Energy conservation and work simplification requires us to evaluate how we carry out our daily tasks and decide if there is a simpler, less taxing way to accomplish that task. For example, morning hygiene may; be exhausting for some, however by using a shower chair in the tub or a stool by the sink, that same person can sit while performing bathing and dental care, all while saving valuable energy. Energy conservation and work simplification - BMH Patient Handouts and Treatment Guides for Adults Physical Disabilities, Chronic Conditions, and Geriatrics. Energy Conservation and Your OT Patient by Cheryl Hall on October 1st, 2017. Fatigue is a hallmark symptom for many of our patients. While a simple nap or good night's sleep cannot eliminate fatigue, it is a condition that can be ... Energy Conservation and Your OT Patient - OT Toolkit™ Blog Tips to Conserve Energy Using a Front Wheel Walker (2 wheels) Using a Wheelchair. Patient and Caregiver Exercise Handouts: Balance Exercise Guidelines Balance Exercises - Sitting Balance Exercises - Standing Fine Motor Activities Gross Motor Tasks Level 1 Activities - Help Your Weaker Arm Move Level 2 Activities - Use Your Weaker Arm to Passively Hold OT Toolkit™ Samples One method I like uses energy conservation and work simplification techniques to fight fatigue. Conserve Your Energy for the Important Things in Life The first thing you need to learn is how to ... 21 Energy-Saving Tips to Ease Life With Chronic Illness ... Energy Conservation Work Simplification Handouts Thank you certainly much

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up the notion of “turn off the lights” Hall’s advice is about managing physical, mental and emotional energy. A light bulb came on in my head when I recognized, I can also practice energy conservation. Out of seven tips on the handout, there is one tip that is specific to those who are healing ...

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