

100 años

DOLOR LUMBAR

LA PREVENCIÓN
DE LA LUMBALGIA
EN EL TRABAJO



Dolor lumbar

Criterios para su prevención en el ámbito laboral



¿QUÉ ES LA LUMBALGIA?

La lumbalgia es el dolor que se produce en la región inferior de la espalda. Este dolor puede ser agudo o crónico, con o sin limitación de la movilidad, pero suele afectar, sobre todo, a la actividad física y al trabajo. Las causas de este dolor son muy variadas y dependen de muchos factores.



Dolor Lumbar Insht

Fernando Gil Hernández

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Tratado de medicina del trabajo Fernando Gil Hernández, 2018-10-24 La 3a edición del Tratado de Medicina del Trabajo se plantea con el objetivo fundamental de abordar con el máximo rigor y actualidad los temas fundamentales que versan sobre la Medicina del Trabajo así como las novedades más recientes. A través de 62 capítulos distribuidos en un único volumen esta obra de referencia presenta un enfoque eminentemente práctico tanto para todos aquellos profesionales vinculados a la salud laboral como para los expertos del ámbito técnico o jurídico que abordan cuestiones relacionadas con la salud ocupacional y la prevención de riesgos laborales entre otras cuestiones. Además de actualizar de manera exhaustiva todos los capítulos de la anterior edición esta tercera edición del Tratado de Medicina del Trabajo incorpora cuatro capítulos nuevos que abordan temas de gran interés como son las auditorías en la prevención de riesgos laborales, la comunicación, información y negociación en la empresa y su importancia en materia de riesgos laborales y vigilancia de la salud, las drogas en el mundo laboral y las tecnopatías. Su director, el profesor Fernando Gil Hernández, catedrático de toxicología de la Universidad de Granada y Director de la Escuela de Medicina del Trabajo vinculada a esta misma universidad, ha logrado hacer de esta obra una referencia obligada de la especialidad. Se trata de un tratado de referencia para residentes y especialistas de Medicina del Trabajo así como para otros profesionales vinculados con este área como los enfermeros, médicos de mutuas de accidentes, abogados, técnicos de prevención de riesgos laborales, peritos, etc.

Educación y salud en grupos vulnerables Verónica Caballero Cala, Rosa María Zapata Boluda, 2019-03-11 El libro *Educación y salud en grupos vulnerables* nace del interés de profesionales e investigadores de la salud y la educación por radiografiar la situación de los principales grupos vulnerables en materia educativa y sanitaria, permitiendo a través de esa interacción conectar espacios de pensamiento y actuación en torno a las urgencias sociales del momento. Esta cartografía de la vulnerabilidad en los ámbitos socioeducativo y sanitario es especialmente acuciante en un contexto marcado por la crisis social, económica y migratoria, así como por los procesos de precarización a los que asisten los sectores menos privilegiados. La velocidad a la que se producen los cambios sociales y culturales en un mundo globalizado requiere de análisis y estrategias adaptación certeras. En ese sentido, el manual ofrece una compilación de aportaciones que buscan facilitar la actualización de las y los profesionales.

Valoración médica y jurídica de la incapacidad laboral César Borobia Fernández, 2006-11 Todo lo que necesita saber sobre la incapacidad Laboral desde un punto de vista Médico y Jurídico en un único tratado.

UF0928 - Seguridad y prevención de riesgos en el almacén M^a Elvira de las Heras León, 2015-03-27 La finalidad de esta Unidad Formativa es enseñar a aplicar medidas de seguridad e higiene en las actividades de almacén y a supervisar los procesos y actividades del almacén aplicando los procedimientos y sistemas de calidad establecidos por la organización para la mejora continua y detección de necesidades del servicio de almacén. Para ello se estudiarán los principios de seguridad en el almacén, el proceso de evaluación de riesgos en el almacén y su prevención y la aplicación de medidas y recomendaciones de prevención de riesgos en el almacén.

Selección, elaboración, adaptación y

utilización de materiales, medios y recursos didácticos en formación profesional para el empleo CORRALES ÁLVAREZ, MARIO, SUÁREZ MARTÍNEZ, MÓNICA, 2025-01-14 Una de las principales tareas que deben desempeñar los docentes en cualquier materia consiste en seleccionar elaborar adaptar y utilizar tanto materiales como medios y recursos didácticos para su aplicación en acciones formativas de FPE Formación Profesional para el Empleo En este libro veremos cómo realizar la adaptación y la selección de los materiales gráficos en diferentes tipos de soporte y cómo utilizar estos medios y recursos atendiendo a criterios metodológicos y de eficiencia además aprenderemos a seleccionar adaptar y elaborar material audiovisual y multimedia para el desarrollo de los contenidos y a utilizarlos atendiendo a la modalidad de impartición de la información Cada capítulo se complementa con una batería de actividades cuyas soluciones están disponibles en www.parainfo.es Los contenidos del libro se ajustan fielmente a los establecidos en el MF1443_3 Selección elaboración adaptación y utilización de materiales medios y recursos didácticos en formación profesional para el empleo perteneciente al certificado profesional Docencia de la formación profesional para el empleo regulado por el RD 1697/2011 de 18 de noviembre y modificado por el RD 625/2013 de 2 de agosto Mario Corrales Álvarez es licenciado en Filosofía y Ciencias de la Educación Mónica Suárez Martínez posee una dilatada experiencia docente en la formación en el ámbito laboral de personas adultas

Formación superior en prevención de riesgos laborales. Parte obligatoria y común, 2007 Tiempo de hoy, 2000-05

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