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## OUTDOOR ACTIVITY 4



**Let's prevent injuries**

Pictograms: ARASAAC (<http://www.arasaac.org/>)



# OUTDOOR ACTIVITY 4

## Let's prevent injuries



The trainer has already designed and uploaded the online session to the e-Training platform. Things to be done online:

Trainees must read and download, (if they want), the training materials (PPT, Word document, complementary readings, practical activities, etc.) for Topic 8.



# OUTDOOR ACTIVITY 4

## Let's prevent injuries



1. The training group looks for a place in the Community close to the occupational centre, i.e., a park or a training facility in the community, where they can practice the right movements related with postural hygiene, as shown in Video 2\_Postural Hygiene.
2. They do all the right movements together with their supports.
3. They make some pictures while doing physical exercise and uploads them to the training platform.



# OUTDOOR ACTIVITY 4

## Let's prevent injuries



### Duration:

- The time needed to perform the tasks during one week, always before the next F2F session.

### Tools:

- PPT 4\_Outdoor Activity 4
- Video 2\_Postural Hygiene