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*OT-V Episode 19:
Conserving Energy
Everyday Work
simplification and
energy conservation
examples OT
Business Planning:
"Simplify work" by
Jesse Newton -*

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BOOK SUMMARY

Work simplification
*The Urgent Need to
Simplify Work 7.*

*Managing Your
Fatigue and Energy
Conservation*

**Effective Energy
Conservation
Strategies within the
Home to Reduce
Fatigue in Multiple
Sclerosis Energy
Conservation and**

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Work Simplification
Presentation

*Exercises with Energy
Conservation*

Techniques The

Simplicity of Saving

Energy | Braden

Hoefer | TEDxClearBr

ookHighSchool COPD

Treatments \u0026

Rehab: Energy

Conservation *Energy*

conservation in Japan

Energy Conservation :

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Presentation Exercise

Adaptations for

Multiple Sclerosis

*Triple bottom line (3
pillars): sustainability*

in business The

environmental impact
of fast fashion

Conservation of

Energy - Is this a

violation of Energy

Conservation?

Energy Efficiency

SIMPLIFY YOUR

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LIFE today » 30 Easy
tips that work // Part 1

~~Ellen's Former On-Air
DJ Calls Work~~

~~Environment Toxic~~

Work and Energy :
Definition of Work in
Physics

Managing Climate
Change and Global
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*How
Energy Conservation
Works*

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Sreelakshmi S |

Department of
Dietetics \u0026amp; Food
Service Management

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National Geographic

Conservation of

energy | Work and

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Khan Academy

Conservation of

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Conservation

Strategies for

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People with Multiple

Sclerosis *Work,*

Energy, and Power:

Crash Course Physics

#9 MINIMALIST

LIVING » The highs

and lows (answering

your BIGGEST

questions) Energy

Conservation Work

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around your body to

work better. Sit when

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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

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Work Energy Conservation St. Joe's

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

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doing you in. iii.

Remember that fast walking takes $1 \frac{1}{2}$ times as much energy as slow.

~~Fatigue Management
—energy conservation
techniques~~

Conserving Your
Energy During
Household Tasks.

Energy conservation
is a way to modify the

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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

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~~Conserving Your
Energy During
Household Tasks~~

~~Energy Conservation
& Work Simplification~~

If you have any
problems/queries,
please contact the
Occupational Therapy
Department Tel:

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Occupational Therapy

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Department Helpful

Contact Numbers •

Wiltshire Farm Foods

01258 480180 •

Home Farm Foods

0800 783 9554 • Care

Direct 0845 345 9133

~~Energy Conservation~~

~~& Work Simplification~~

Arrange work

environment for easy

access to commonly

used equipment and

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Supplies. Leisure. Do
activities with a
companion. Select
activities that match
your energy level.
Balance activity and
rest. Don't get over-
tired. Adapted from
Suggested Strategies
for Energy
Conservation by the
Oncology Nursing
Society 2001. More
Information:

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Tips for Conserving
Your Energy | Patient
Education | UCSF ...

Handouts
January 7, 2018 July
15, 2018. by Meredith
Chandler OTR/L.

Energy conservation
techniques (ECTs)
are also referred to as
work simplification
techniques, and both
terms are very much
within the realm of

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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~~



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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.

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Do not fall into the
'five minutes more'
trap.

Simplification

~~Using your energy
wisely - Guy's and St
Thomas~~

Work Simplification.
Cancel tasks that are
not really necessary.
Delegate
responsibilities to
others. Simplify your
methods of work . Sit

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to work whenever possible. Adjust height of work surfaces to allow for good posture. Use equipment when necessary to conserve energy. Avoid prolonged exposure to moist heat.

Energy Conservation |
Department of

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Physical...

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

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Conservation
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~~

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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

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~~OT Toolkit™ Samples~~
Work
Simplification
Handouts

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 ...

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~~21 Energy Saving
Tips to Ease Life With
Chronic Illness ...~~

1. ? Work

simplification is the performance of tasks in the simplest way possible to conserve time and energy.?

Work simplification techniques can help meal managers reach their goal for controlling the use of

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time.? The meal manager can simplify tasks by minimizing hand and body motions.? He or she can organize workspace and tools.? Changing the product or the method used to prepare the product can also simplify some tasks.

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~~meal preparation~~

Here are some energy-conserving tips: Simplify your tasks and set realistic goals. Don't think you have to do things the same way you've always done them. Plan your activities (chores, exercise, and recreation) ahead of time. Space out your activities throughout

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~~COPD and
Conserving Your
Energy—Cleveland
Clinic~~

Handouts for
Educators From
classroom to
playground, there are
many
accommodations and
modifications that can
be implemented to

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Conservation
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help students with
energy conservation
and work
simplification.

Handouts

~~School modifications
for those with
Duchenne ...~~

Occupational
therapists often
combine energy
conservation and
work simplification
techniques for people

Download Ebook Energy with chronic pain conditions, such as arthritis or fibromyalgia. Work simplification techniques range from low-tech (such as using no-scrub cleaners) to high-tech (such as using voice recognition software for typing).

~~Work Simplification~~

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and Ergonomics
Verywell Health
Energy Conservation
Objectives: At the end
of the session, the
participant will: Have
a better
understanding of the
physiological
response to daily
activities. Be able to
set realistic goals
while undertaking self
care activities. Be

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able to adopt and
utilise energy
conservation
techniques.

Facilitator:

~~Energy conservation +
Pulmonary
Rehabilitation Toolkit~~
When you relax, you
help restore energy to
the body. Make a
point of scheduling
rest periods

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throughout the day, ideally by laying on your back, slowing your breathing, and concentrating on relaxing your muscles. Explore techniques such as meditation, Ujjayi breathing, or progressive muscle relaxation. You'll be surprised at how much they help.

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~~10 Ways to Conserve
Your Energy If You
Have COPD~~

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

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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~~

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Simplification – BMH

Patient Education

Library Our Patient

Education Library

offers a wide range
information on health
topics, including
videos, decision aids
and personal
assessment tools.

Our patient education
materials are for
informational
purposes only. Your

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doctor and healthcare
team will talk with you
about your specific
needs and treatment
choices.

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