



## Activa Mutua Preventive Training Sessions - Office for the Sector of Education

### THEME: "Prevention of voice disorders for teachers"

#### program

Dear member,

Our voice is our most important tool for communicating with others and for teachers it is also a work instrument.

A high percentage of those in the teaching profession misuse their voice and therefore their efforts to be heard are ineffective. Most teachers are unaware of the important role that their voices play until they vocal possibilities start to diminish. Some even view dysphonia as something normal and inherent to the profession.

A study of the frequency and characteristics of voice alterations has been included under the scope of the Law for Prevention of Occupational Risks, especially after the ailment of nodules on the vocal chords was included in the list of occupational diseases (Royal Decree 1299/2006).

The aim of this Preventive Training Session is to impart information (within the development of the PGAP fomented by the Ministry of Employment and Social Security) regarding various possible preventive actions that can be taken in order to avoid voice disorders in the teaching profession.

1. The voice. Casualty rate in the sector.
2. Most frequent voice disorders in vocal professions.
3. Main causes of voice disorders.
4. Preventive measures. Specific actions.
5. General voice care advice for teachers.
6. Techniques to achieve good professional voice care.

**Presenter|** Jesús García Otero  
Integral management  
technician Activa Mutua Sevilla

**Training provided by|** Irene Hermoso Guerrero  
Speaker

**Closing|** Esther García  
Provincial Delegate  
Activa Mutua Sevilla

**Training intended for:** Teachers pertaining to the mutual insurance company

**Date:** 3. february. 2017

**Timetable:** from 10.00 to 12.00 hours

**Location:** The English Business  
C/ Ardilla, 10.  
41010 **Sevilla**

**For more information:** [sevilla@activamutua.es](mailto:sevilla@activamutua.es)

You can attend and participate in the most relevant aspects of this training sesión by visiting **#activaeducacion** on:



<https://www.facebook.com/activamutua>

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The training session is free of charge, however there is limited seating capacity which will be reserved by order of receipt of registry forms.