

Wrong posture in the office can cause permanent damage

Stating that people working in the office are at risk of occupational musculoskeletal diseases, Physiotherapist Gülşah Konakoğlu warned that this condition can cause permanent damage in the body. Konakoğlu mentioned the need of the office chairs or seats to be adjustable, monitors to be replaceable according to people.

Stating that natural posture is the safest and most comfortable posture for work, Physiotherapist Lect. Gülşah Konakoğlu from Istanbul Gelisim University said: “Unnatural postures force the physical limits of the body by pressure on the muscles and joints.”

“BLOOD FLOW ACCELERATES IN STATIC POSTURES”

Physiotherapist Konakoğlu warned: “During the day, working more than two hours continuously over the shoulder and head level with hands, kneeling for more than two hours, working by twisting or bending the waist for more than two hours and sitting without supporting the feet are among the inappropriate postures of the employees. The postures of which the employee must stand and work in the same position for a long time are static stops. In static postures, blood flow is limited and muscular fatigue and injuries occur.”

“CERVICAL AND LUMBAR VERTEBRAE ARE FORCED WHILE SITTING”

Indicating that inappropriate posture may result in fatigue, strain, injury or permanent disability, Physiotherapist Gülşah Konakoğlu said as follows:

“In the office it is usually worked in sitting position. In the sitting position, the neck and lumbar vertebrae are particularly challenging. If the neck vertebrae are not fully upright, the weight of the head forces the neck and neck muscles. The right position of the cervical vertebrae is possible with the head facing right in the ready position. The neck vertebrae are tilted forward, while sitting slightly bent forward. In this position, the shoulder and neck muscles enter into static tension to look across. This is why office workers experience discomfort on their necks and shoulders. It is possible to keep the physical stresses below the level that would harm the health thanks to the office furniture such as the correctly selected tables and chairs and the office devices such as computers, phones and printers that are correctly selected and placed correctly.”

ERGONOMIC DESIGN FOR BUSINESS EFFICIENCY

Emphasizing that each office should be ergonomically designed to provide job comfort and increase productivity of employees, Konakoğlu said: “Inadvertently exposed postures and faulty movements in offices that spend time during long working hours cause inactivity, temporary or permanent musculoskeletal disorders.”

Pointing out that space design is very important in ergonomics, Konakoğlu added: “In particular, furniture, all kinds of tools and equipment should be arranged in accordance with the human structure and ergonomics rules.”

“ERGONOMIC APPROACH MUST BE ADAPTED”

Physiotherapist Gülşah Konakoğlu, explaining the need for office designs that allow employees to work in different positions by sitting and standing, said: “Modular workstations and flexibility can be emphasized, especially in terms of the ability to adjust the chairs or seats, the sliding systems of the monitors can be changed according to the people, the new business approach that gives priority to teamwork, and the ability to provide working environment in any direction and place that can be used in stand-alone offices. needs to be taken. Since ergonomics aims to combine the work load and the capacity of the employee in the most appropriate way, it will be beneficial to adopt an ergonomic approach to increase production.”

The reason for the plane crash cannot be determined until the black box records are examined

Stating that the expression ‘it fell due to technical failure’ in a very short time after the plane crash is inconsistent, Professional Aircraft Aerospace Engineer Haluk Kul said: “It is necessary to wait for making a statement until the black box records are examined. Of course there may be a chain of translation errors here. It would be correct to directly translate the statements of the Iranian authorities and then evaluate them.”

“PROBABILITY OF GUIDED MISSILE MUST BE EVALUATED”

Indicating that the crashed plane was three years old, Professional Aircraft Aerospace Engineer Haluk Kul from Istanbul Gelisim University said: "It can be expected that there is no unsafe situation if there is no obvious maintenance error or pilotage problem. The possibility of a guided missile thrown as the cause of the aircraft falling should also be evaluated."

Flight Performance Engineer Can Erertem, pointing out that the video showing the plane's fall gives important clues to the trajectory of the plane, stated that the combustion seen in the aircraft is entirely a fuel tank fire, but not an engine fire.

Erertem spoke as follows:

"Even if both engines have a fire, the fire tubes in the engines have the power to extinguish the fire. However, the fire gives the impression that the fuel in the wing is burning."

Emphasizing that the plane followed the oblique throw trajectory during the fall, Flight Performance Engineer Can Erertem stated: "This means that the control surfaces on the wing and tail rudder did not operate and the engines did not generate thrust. The plane was in a completely uncontrolled fall. It is considered that the parts separated from the aircraft may also be evidence of a possible wing dispersion."

IGU attended the 6th Education in Turkey fair in Sudan

The fair in Maarif School Campus in Sudan's capital Khartoum, where 15 universities from Sudan and Turkey attended, ended. In the fair where the visitors found an opportunity to acquire detailed information about the educational opportunities of universities in Turkey and Sudan, cooperation opportunities between the universities of the two countries were also discussed.

In Sudan 6th Education in Turkey Fair was organized by Turkish Maarif Foundation (TMF). Stating that TMF aims to organize education fairs in 16 countries in 2020, Bülent Değirmenci, the Director of Corporate Communication and Promotion Department of Istanbul Gelisim University said: "We gave information about the in Istanbul Gelisim University and Turkish higher education to Sudanese students for 2 days and and we did presentations about education opportunities in Turkey."

Stating that they also discussed the possibilities of cooperation with Sudanese universities, Değirmenci said: “There are many international students and academics in our university. We have received great interest from the students at the fair again. They had opportunity to get information about Turkey and our university. I think that the number of our international students will increase.”

Finance expert commented that gold prices will not decline

Emphasizing that globally increasing geopolitical risks cause the increase in not only oil prices but also commodity prices, which are considered as safe investment instruments such as gold, Financial Markets Specialist Hakan Yıldırım said: “Gold prices in ounces may settle into a new band. Global tension and increased geopolitical risks may signal the impossibility of a decline in prices.”

In recent days, precious metals such as gold and oil are among the investment instruments that investors closely follow. Finance experts Express that taking into consideration weekly crude oil stocks announced by American Petroleum Institute, the decline of 5,945 million barrels is seen. This situation contributes to the increase in oil prices. The main reason for the increase in oil prices is expressed as the agenda item on the US-Iran tension. The attack on the US base, in particular, is cited as one of the biggest reasons for the rise in oil prices. Regarding on the shaping the markets in the future after the Iranian Revolutionary Guards Army’s air ballistic missiles attack to US bases stationaed in Iraqi Anbar and Arbil cities Financial Markets Specialist from Istanbul Gelisim University Asst. Prof. Dr. Hakan Yıldırım made comments.

“INCREASE IN VOLATILITY IS OBSERVED”

Indicating that globally increasing geopolitical risks cause not only oil prices, but also commodity prices, which are regarded as safe investment instruments such as gold, Asst. Prof. Dr. Hakan Yıldırım from Istanbul Gelisim University said: “When both individual and institutional investors accept gold as a safe haven, they channel their investments in the face of the global crisis and negative repercussions. While companies try to hedge foreign currency with gold, investors prefer to buy gold instead of investing in stocks, foreign exchange and similar investment instruments. In this case, gold can be priced high by buying

pressure. Especially when the gold prices in ounces are analyzed, it is seen that the volatility has increased.”

“GOLD PRICES WILL NOT BE REDUCED”

Asst. Prof. Dr. Hakan Yıldırım from Istanbul Gelisim University continued as follows: “Since the beginning of 2019, the daily gold price has been priced at the highest level of 1,611.52 ounces, the lowest of 1,266.10 and an average of 1,397.48. The price of ounces of gold, which increased by 23.49 percent, broke the levels of \$ 1,500.00 following the tension between Iran and the USA and moved far from the gold price of \$ 1,397.48 on average. Gold prices may settle into a new band in ounces. It may be difficult to return to \$ 1,300.00 for a long time. Although this does not mean that gold will increase continuously, it may be a signal that the possibility of decreasing prices is a little difficult as a result of global tension and increased geopolitical risks.”