

Abstract

This bachelor thesis deals with kinetic workload of nursing staff in internal and surgical clinics. The theoretical part introduces an overview of findings of physical load, its consequences and prevention. Another component of the theoretical part describes handling of loads and patients in health care and the applicable legislation in the Czech republic.

The research part focuses on walk monitoring, determines how nursing staff handle patients and how to take care of their health. Thesis seeks to uncover the effects of physical exercise of staff working in departments where research was conducted. The investigation was aimed at nurses, enrolled nurses, assistants and attendants.

The research confirmed the high physical stress of nursing staff in all surveyed clinics. Part of the results is also expressed disaffection of nursing staff with the footwear provided by the hospital.