

Construction Specifications

The spine is made with 9 blocks, each 2-in square and 1½-in high. Each is drilled at the center to accommodate a standard screen door spring. The T-shaped head and shoulder piece is about 8-in long, 2-in thick, and supports the arms on shoulders about 5-in apart. The hip block is 2-in square, with sloping sides so legs will spread open in front. Add a ¼-in spacer between the hip block and each leg.

Assemble the body by using wood screws to attach ends of spring to the head and hip pieces. Tack a piece of 2-in-wide belting to the front of the spine blocks to hold them in alignment.

The arms and legs can be shaped from ¼-in plywood.

A block, approximately 5-in square and 3½-in high, represents the lifting weight. Elastic tape or multiple rubber bands are stretched from the shoulder to the hip, along the back of the spine blocks to represent the spine muscles.

A metal handle can be secured to the lower end of the hip block, as shown in the drawing.

"Junior" can be mounted on a 1x12-in board, 18 to 24-in long.

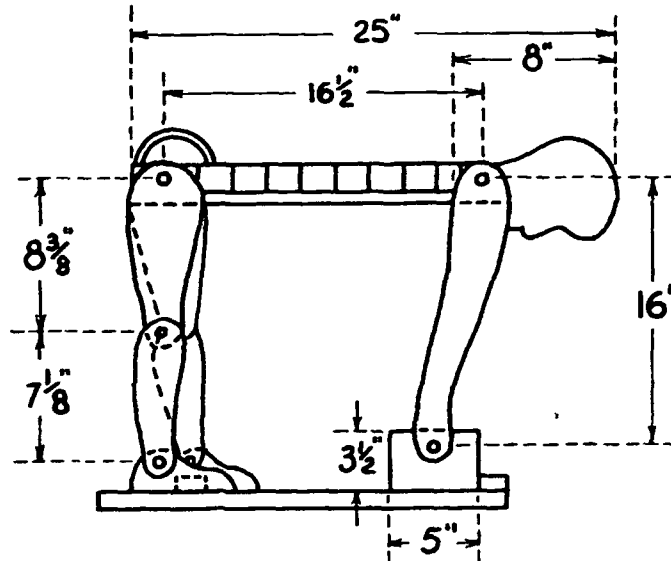


FIG 14-12—Model for demonstrating correct lifting

This does not preclude the speaker's use of additional material or interpolating the printed text.

As with other nonprojected visuals, the speaker adds personality and interest to the presentation. The use of assistants may be justified for more dramatic effect. Similarly, the "gradual reveal" technique can be used to uncover material just as it is presented.

Flip charts are made on heavy paper that has little show-through, but has sufficient flexibility to flip back over the easel. Show cards are on a stiffer stock and must be hand held, placed individually on an easel or chalkboard tray, or spiral bound (or notebook-ring bound) so that they can be flipped over. For use on an easel, 2 ft wide by 3 ft high is an optimum size, for use on a desk top, 2 ft wide by 1½ ft high is optimum.

Each sheet or card can have one to four

illustrations, depending on how far the audience is away. To help in making the presentation, explanatory material can be placed on the back of each show card or chart for the instructor to read, or brief notes can be written in lightly in blue pencil on the face of the card or flip chart. Notes are written small enough so that the instructor can read them, but yet they are "invisible" to anyone in the audience, if he is more than 6 or 7 ft away.

Flannel boards

A flannel board is a plywood board, commonly 3 by 4 ft, covered with dark flannel. A number of frames can be fastened together or placed close together to form multiples of the original size.

Roll flannel can be tacked, tied, or otherwise stretched over any large, flat, slightly inclined surface, including a chalk board. Art