

## **ABSTRACT**

Orphanage is a social public service in every country. All workers in orphanage are person with high social care. They work for many children to get better life and future. They have to know about how to maintain their health. Early warning health already be used in many institution to know about health situation.

Heart attack is the most popular killer for human. Social worker also have to know about how good their heart. Some food and long hours work may have bad effect to the heart of human. By giving the heart's never-ending workload, sometimes it will be good for many people. But it can also fail because of junk food and lack of exercise.

Social worker has to know how good food in the working space and at home. If they are in good condition, they can serve children in the orphanage. Worker also has to do exercise with children to keep the heart in good condition. Time shift job is also play important rule to give opportunity getting enough resting time.

Information about early warning health is important for social worker. They serve many children and sometimes they do work overtime. They have to know how to maintain their own health in order to serve better for orphanage. Basic information based on animation can help social worker to understand how important heart health condition for their life and work.