Computers 8/9

Ergonomics, Computers and Health

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Learning Objectives:

* I can describe what an ergonomic workplace looks like.
* I can identify the exercises needed to reduce strain on the body while at the computer.
* I can create a poster by providing tips on how to create an ergonomic workplace.

Instructions: Fill in the worksheet using full sentences. Attach your work an email document and email to the teacher.

Use this website to answer your questions: <https://www.uhs.umich.edu/computerergonomics>

1. What is ergonomics? Put the definition into words that you can understand. /1
2. What effect does spending hours on the computer have on the body? Provide three examples of potential injuries. /3
3. Provide three tips on how to arrange the place where you work. /3
4. Copy paste a picture of an ergonomically friendly piece of office equipment onto this document /1
5. What is the problem with how laptops are constructed? /1
6. Define body mechanics in your own words in relation to ergonomics. /1
7. Why is important to move when you re working at the computer? Provide three benefits of movement? /3
8. Describe one exercise for your neck or shoulders. /1
9. Describe one exercise for your back. /1
10. Describe one exercise for your arms. /1
11. Describe one exercise for your hand or wrists. /1
12. Describe one exercise for your feet. /1
13. Describe one exercise for your eyes. /1
14. When should you call a doctor? Provide four points. /4

Use this website to answer your questions: <http://www.umanitoba.ca/faculties/kinrec/bsal/miniu/summer/backpacks.pdf>

Furniture Facts – Start at this slide

1. How is furniture not suitable for school aged children? Provide 2 points. /2
2. What three effects that sitting in a conventional school chair can cause? /3
3. Describe the two chairs featured in the presentation and what they do. /2

Skip to Computer Facts Slide

1. What increases with the amount of time spent on the computer? /1
2. Provide three tips to teach children about working on the computer safely. /3

Skip to Computer Vision Syndrome slide

1. What is computer vision syndrome? /1
2. How is it caused in children? /3

Create a computer generated ad on this document informing viewers on how to use a computer safely /5

Requirements:

* 2-3 pictures
* Slogan
* 3 tips on how to reduce strain while using the computer. 3+