



## ERGONOMICS - WHEN SCHOOL IS AT HOME

Tips to set-up a healthy and productive technology space for kids



### THE SET-UP

Raise the seat height of the chair so typing is comfortable with shoulders loose and elbows as close to ninety degrees as possible. Add a firm pillow or folded blanket to the seat if needed for extra height and add a pillow to the back for extra support. Place a small stool or box on the floor to support feet and legs. adjust the monitor so the top third of the screen is about level with the eyes.



### CHANGE POSTURES

Frequently changing postures throughout the day reduces fatigue and fidgeting and enhances comfort and alertness. Children are much more flexible than adults and can benefit from sitting on the floor and using a coffee table or stool as a workspace or laying on the couch or floor to view their technology.



### STAND WHEN POSSIBLE

Posture changes are key and standing while using a laptop is easy with an end table or dining table as the workspace. Standing can enhance alertness and puts much less stress on our bodies vs. sitting



### KEEP IT BRIGHT

Proper lighting helps reduce eye fatigue which can cause headaches. Add a desk lamp for extra light even if the workspace is next to a window. Watch for glare on computer screens or light reflection from workspaces as this can cause eye fatigue as well.



### MOVING AND GROOVING

We all benefit from movement throughout the day but children really need it for focus and to reduce fatigue. Between lessons have a dance party, do some basic stretching exercises or better yet, run around the block or the backyard.



Be Well Ergo provides ergonomic consulting services for businesses as well as home-office workers. Contact us for a complimentary discovery call or visit our website for additional information and resources.

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