

Digital Citizenship Lesson Plan
Ergonomics and You

General Topic (as defined in the Digital Literacy Framework)	DI4
Digital Citizenship i) Balanced Attitude Towards Technology	
Applicable Grade Range	
6-9	
Outcome(s) to be Addressed	
The student assess and reduces/avoids technology related threats to his/her health.	
Importance / Significance of Lesson	
Ergonomics is an area that schools need to be concerned with, not only for their staff, but for students as well. Student posture when using technology is a concern that needs to be addressed in order to avoid unnecessary risk of harm to student’s bodies.	
Duration	
30 minutes	
Overview	
Students will read and review a number of articles on the topic of ergonomics and develop a guide for their schoolmates to promote proper posture practices when using technology.	
Required Resources	
Computer hooked up to a projector Class set of laptops/access to the computer lab OR class set of iPads/iPods Set of class accounts for chosen presentation software	

Lesson Plan and Extension Activities

Have students work in groups of three to four. Have each group read and discuss the following articles related to technology based injuries and ergonomics:

<http://www.costcoconnection.ca/connectioncaeng/20140708?pg=53#pg53> Thumbs down/Text Therapy, from The Costco Connection, July/August, 2014

http://kidshealth.org/kid/watch/house/k_ergonomics.html Computers Can Be a Real Pain, from Kids Health

<http://www.healthycomputing.com/kids/computers.html> Computers, from Healthy Computing Kids

<http://www.healthycomputing.com/kids/mobile.html> Mobile Devices, from Healthy Computing Kids

http://www.viha.ca/NR/rdonlyres/A1E9E0F0-9F38-4A31-ADC5-81E3549AC2BF/0/33_computer_ergo_for_kids_sept10.pdf Computer Ergonomics for Kids, from Vancouver Island Health Authority, September, 2010

Have students agree on the main problems with technology use and ergonomics and develop guidelines to promote proper technology use. In groups have the students use a presentation programs (Powerpoint, Slideshare, Powtoons, etc.) to create a presentation for the classes in their school outlining ergonomically correct technology use practices.

Share the presentations with the school in an assembly, or have select students present their work to staff at a staff meeting. Also, students can post slides from their presentation in the computer lab and classrooms to promote safe use of technology throughout the school.

Adaptations

Younger students may simply follow the guidelines developed by other students or may have some input on creating basic rules to follow when using technology.

Older students can research more articles for further information, identify long term effects of technology use on the human body and develop a campaign on technology safety to share in their school.

Additional Resources

Information on ergonomically correct workstations:

http://www.labour.gov.on.ca/english/hs/pdf/gl_comp_erg.pdf

http://ergonomics.about.com/od/office/ss/computer_setup_2.htm

Presentation tools:

Powerpoint (on computers with Microsoft Office package)

<http://www.slideshare.net/>

<http://www.powtoon.com/>

Cross-curricular Outcomes Also Addressed

Language Arts – reading for information, developing rules or guidelines, creating presentations

Science – the human body, ergonomics

~developed by Kristin Sward, 2014



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