

Ergonomic Tips for a Home School Environment

WHAT IS ERGONOMICS? Ergonomics is the applied science of how a person interacts with their environment. This applies to an employee at their office, or a student at their desk. Adopting ergonomic techniques can improve your child's educational environment and help prevent injuries.

✓ **MAKE SURE THERE IS ENOUGH LIGHTING:** Natural light is best. Set up your child's workspace near a window. You can also set up their learning space in an open area where a good amount of natural light comes in throughout the day. Position their desk in a way that decreases glare from the computer screen. This will reduce eyestrain and fatigue.

✓ **CHECK EYE LEVEL:** Make sure your child's seat is at eye level to the computer monitor. An adjustable chair can help achieve this. If you don't have an adjustable chair, adjust the height of the laptop or desktop computer.

✓ **PAY ATTENTION TO POSTURE:** Students should sit upright against a chair's backrest. Sit with a forward posture, ensuring that their head, hips and shoulders are aligned. Make sure their knees are at a 90 degree angle. Good posture puts less pressure on the spine, by providing lumbar support.



✓ **TAKE BREAKS:** Have your child take a break from their seated position. Ergonomic guidelines from Cornell University recommend that for every 30 minutes spent working, you should sit for 20 minutes, stand for eight minutes and move around for two minutes.