Health and Wellbeing Course

Digital Citizenship

Course Outline

Module 01
Introduction to digital health and wellbeing

Module 02
Ergonomics

Module 03
Mental health and Media

Module 04
Media addictions

Module 05
The healthy use of digital tools and online devices

Module **02**

By the completion of the module, the trainees should be able to:

- understand how to prevent and eliminate pain, injuries or discomfort when using their computer,
- realize the aspects which facilitate the creation of an optimal environment for working ergonomically,
- explain why maintaining an ergonomically safe environment is important for physical health.

Ergonomics:

- is a field of study that attempts to reduce strain, fatigue, and injuries caused by spending hours a day in front of a computer by improving product design and workspace arrangement and

- refers to all workspace arrangements (at home or the workplace).

Benefits from implementing ergonomics techniques:

- Improvement in productivity

- Improvement in work quality

- Employee engagement

- Better safety culture

Health problems caused by poor ergonomics:

- Computer Vision syndrome

- Headaches

- Neck and back pain

- Carpal tunnel syndrome

Some of the most common ergonomics-related mistakes:

- Ignoring the importance of ergonomics

- Using the wrong ergonomic products

- Dismissing early warning signs

- Buying non-traditional desks

- Relying only on ergonomic products

Some solutions are:

- Accessories to operate properly (keyboards, chairs, desks)

- Layout of equipment on the desk (keyboard in a position that allows the forearms to be close to the horizontal and the wrists to be straight)

- Location of furniture in the room (Try not to put the screen near a window)
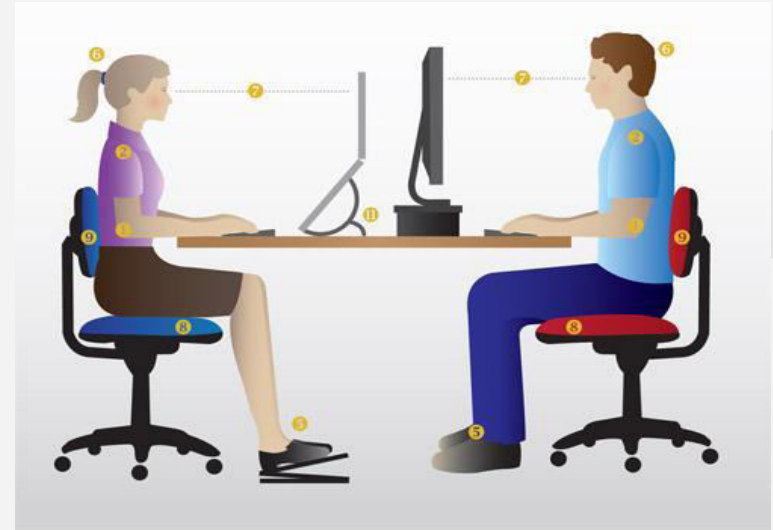
❶ Elbows
Above the desk, at 90-110 degrees
❷ Shoulders
Relaxed as opposed to hunched
❸ Wrists
In line with forearms
❹ Hips, Knees, Ankles
At 90 degrees whilst seated
❺ Feet
Flat on the ground or footrest
For prolonged standing, consider a mat
❻ Head
Upright with ears aligned with shoulders

❼ Eyes
Looking at the top third of the screen.
Consider the use of a laptop raiser with your laptop
❽ Seat length
Should be long enough to provide support beneath thighs
❾ Backrest
Angled at 90-110 degrees with adequate lumbar support in line with lower back
❿ Keyboard and Mouse
G and H of keyboard aligned with your nose. Mouse gripped loosely
⓫ Laptop
Used with a riser, external keyboard and external mouse

Exercise 02
What's wrong?

- See the pictures related to computer ergonomics and decide whether it is the correct way to work an a computer or not.
- In case of pictures reflecting problematic postures, workstations, etc., think of advice to amend them.

SUMMARY

To sum up:

•Ergonomics are very important for our health and wellbeing as we spend hours a day in front of a computer causing a number of injuries to our bodies.

•There are plenty of solutions that can be implemented in order to protect our bodies and wellbeing and ensure that the workload does not result in excessive fatigue.

THANK YOU!

Are you ready to test your knowledge?

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