



Teaching notes

This laptop wrap raises the issues of good work habits that are important when students are using computers for lengths of time.

Explore

The videos introduce the key ideas to setting up and using a workstation to reduce the chances of injury from computer use. The matching activity introduces new terms such as 'ergonomics'. A brief quiz raises awareness and checks students' existing knowledge of occupational health and safety issues that apply to the use of computers.

Your tasks

Task 1 — Workstation set-up

Students research a university web site about the correct way to set up a computer workstation and some good habits when working with computers. It may be a good idea to define the term 'ergonomics' before undertaking this activity.

Task 2 — Laptop use

Students research the NSW DEC website about the safe use of laptops. They list 10 "Dos and Don'ts" and look at a photo of a girl using a laptop and identify what she should do to use the laptop more safely. They take digital photos showing the correct way to use and carry laptops. They then add to their research by investigating repetitive stress injuries, and in particular, those relating to computer use.

Task 3 — Make a desktop reminder

Students analyse and prioritise the information about eHealth to produce a PowerPoint slide that can be used as a screensaver or desktop wallpaper to remind them of correct computer use. [GlogsterEDU](#) is a link that can be used to create posters but it now comes at a cost.

Curriculum Links

Science teachers may want to support the use of this laptop wrap by using the website on the musculoskeletal system at:

http://teenshealth.org/teen/your_body/body_basics/bones_muscles_joints.html#a_The_Musculoskeletal_System

This resource will also contribute towards 7-10 Science Syllabus Outcome 4.8:

A student describes the features of living things.

4.8.5. Students learn about humans to:

a) describe the role of the digestive, circulatory, excretory, skeletal and respiratory systems in maintaining humans as functioning organisms.

How to use this resource

This resource, *eHealth*, is designed to support the Digital Education Revolution – NSW (DER-NSW) program and has a specific orientation towards teaching *Digital Citizenship*. The resources and tasks are aimed at supporting student use of the DER-NSW laptops in both online and offline classroom environments.

If you have difficulty viewing this resource on the DER-NSW laptop screens you can switch your web browser to full screen mode. With your web browser open press F11 to switch between normal and full screen mode.

For more detailed support on how to use the DER-NSW laptop software referred to in this resource please visit the [TaLe Tools+](#) site.