

# ERGONOMICS FOR HOMESCHOOLING

Here are our top tips for creating a work area for your child that is comfortable and ergonomically sound.

**Create a workstation** so that your child can sit with their elbows bent at 90 degrees, at the same height as the table/desk.

**If the chair is not height adjustable**, and it is too low, sit them on a cushion to elevate their sitting height. If the chair is too high, place a wide board game box on top of the table/desk to elevate the working height.

**Use a rolled-up towel** for extra back support.

**Make sure the seat** is not digging into their legs; use a pillow or cushion to 'shrink' the seat.

**Use a box or step-stool** for foot support and to position their knees at 90 degrees.

**Prop the laptop or tablet on a stand** or some books so that the top of the screen is at eye height, directly in front of them, around arm's length away.



**Use a separate keyboard and mouse**, positioned close together and close to the table/desk edge. Consider using a mini keyboard (i.e. with no number pad to the right of the qwerty keys) so that the mouse can be positioned in front of the shoulder (and not out to the side). Little hands might also find a smaller mouse easier to use.

**Place items** that your child uses most nearby so they don't have to bend or twist their body or neck unnecessarily. Move the keyboard/mouse out of the way if they are writing or reading so that their school work/book(s) is directly in front of them, and vice versa.

**Encourage your child** to take regular movement breaks every 45 minutes or so throughout the school day. Children can be affected by eye strain too, so when virtual learning remind them to look away from the screen at something in the distance, every 20 minutes for 20 seconds.

**Set-up your child's workstation** near a window for natural light, perpendicular to the window to avoid glare on the screen.