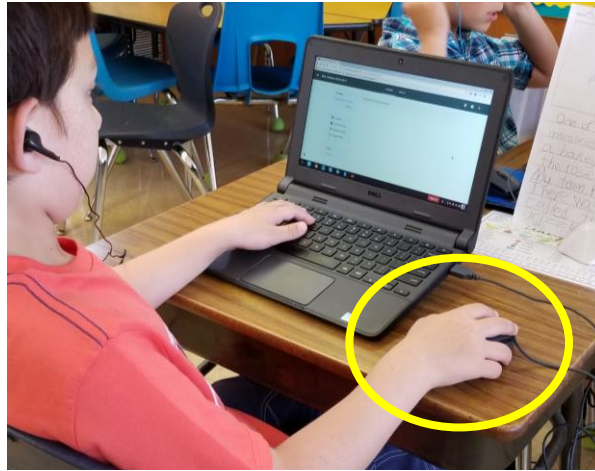


# Set up your Chrome Book in the Classroom

## 3 Easy Steps

### 1. Use a mouse



### 2. Sit back & scoot in



### 3. Bring it close & prop it up



# Laptop Smarts at Home

The set up in the classroom is good for short periods of time.

For longer work at home, do this:

✓ **Separate the keyboard from the screen**

- Use a separate keyboard and stack books to raise the screen to eye level, or
- Use a separate monitor



✓ **Use keyboard and mouse at belly-button level**

- Sit on pillows or books, or
- Raise your chair,
- Put the keyboard & mouse on a box, board, or tray on your lap



✓ **Support your feet & sit back for support**

- Feet supported on a box, or
- Feet flat on floor



✓ **Pace yourself and mix in lots of movement breaks**

- Get up & move your body at least once per hour
- Stretch, walk, run, stairs, jumping jacks, squats, dance



Recommendations are rooted in research and validated in professional practice. If you'd like to know more or talk about your individual situation, email Melissa Afterman [melissa@learnergo.com](mailto:melissa@learnergo.com)

# Why Does it Matter?

Our personal technology is designed for mobility, not to fit the human body. Since our hands are not connected to our eyes, there is a mismatch between our body and the devices.

- Screen too low → Bent neck and upper back
- Keyboard too high → Shrugged shoulders and bent wrists & fingers
- Touch pad on keyboard → Rounded shoulders & bent wrists



**Tech Neck** is an overuse syndrome involving the head, neck and shoulders, usually resulting from excessive strain on the spine from looking in a forward and downward position for long periods of time. Tech Neck can be considered a repetitive strain injury (RSI). Some symptoms: neck/arm/chest pain, numbness/tingling, hunched back

## It's a big problem.

According to the Bureau of Labor Statistics (BLS) in 2013, MSD cases accounted for 33% of all worker injury and illness cases (*MSD means musculoskeletal disorder, which is another term for RSI*)

***"But my child isn't even in middle school yet."***

Here's the part that brings it home. For the past 5-10 years, young workers have been entering the workforce with pain that began in college or before. We know that these RSI's are cumulative syndromes, building up over years of exposure.

**With our kids starting to use chrome books in 3<sup>rd</sup> grade, they will have at least 14 years of exposure to technology before they even join the workforce.** Most of us parents only had less than 5 years of tech exposure prior to our careers.

Preparing our kids for a world of technology is crucial to their success, so let's optimize their personal technology wellness and improve the fit of tech in their lives. To keep their bodies healthy and strong for the long and wonderful lives they deserve, **we must promote good practices now** to avoid forcing habit change when they're older.

## What else can you do?

Use the right tools & set up the equipment and furniture to fit your body and try these other tips:

- ✓ **Backpacks:** should be less than 10-20% of body weight; wear 2 straps, tight to body
- ✓ **Smartphone:** use voice to text & swipe, support your arms on table or pillow & tuck your chin, use 2 hands to type, index finger to scroll, try a finger strap or grip for easy holding
- ✓ **Tablet:** set on table to watch, support arms with pillows on your lap when playing
- ✓ **Sleep and vision:** use blue light filters and turn off screens at least 1-2 hours before bed
- ✓ **Be connected:** less face-down time and more face-to-face with friends and family
- ✓ **Move more:** Get your blood pumping at least once per hour

Recommendations are rooted in research and validated in professional practice. If you'd like to know more or talk about your individual situation, email Melissa Afterman [melissa@learnergo.com](mailto:melissa@learnergo.com)