



Healthy Working MOVE

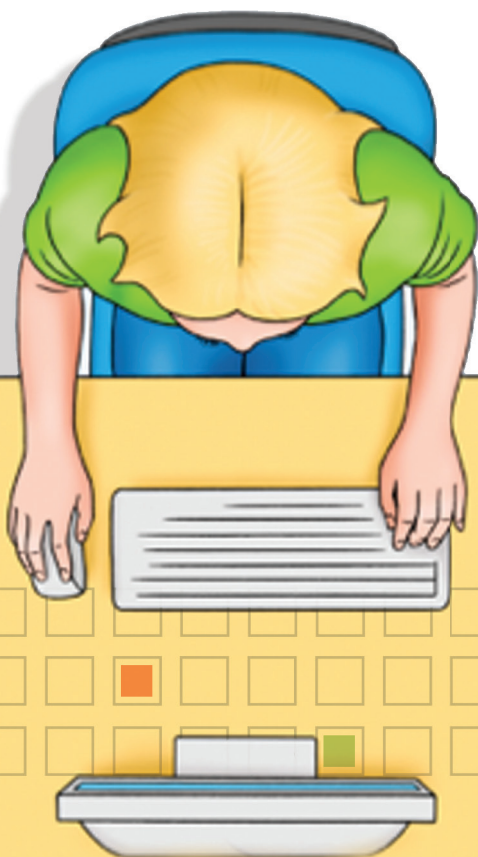
HANDY HINTS AND TIPS FOR USING A DESKTOP COMPUTER

By far the best place to use a computer is at a desk with an adjustable chair. This gives everyone the ability to set up the workstation for their own personal comfort. Even with the perfect seating position there are a number of adjustments required to ensure the workstation is set-up correctly. It is important for your child to have the correct posture when using technology.

This is a helpful guide for parents to setting up a chair, desk and desktop computer for your child to use. The advice provided will enable you to increase your child's comfort when they use a computer at a desk and to reduce the risk of forming bad habits that could lead to discomfort or injury in the future. If your child is young it is highly likely they are using furniture that has been designed for adults so you may need to use some common sense when adjusting it for your child.



- To help the back support the child's weight their feet should be flat on the floor or supported with their knees slightly lower than their hips.
- As shown above, when helping your child set their seat height ensure their elbows are just above the desk, roughly in line with the top of the keyboard. This stops them resting their arms on the sharp edge of the desk and means they can easily reach everything they might need on the desk.
- The keyboard and monitor should be in a line, one directly in front of another to make it easier for your child to use the equipment. The mouse should be next to the keyboard, within easy reach. For an example, see the illustration overleaf.



- Set the screen to a sensible height and distance. If it is too close it could cause tired eyes and prevent your child from looking away regularly, which should be encouraged. If it is too far away your child may lean forward and adopt an unhealthy posture. It may also cause eye strain if the child is struggling to see what is on the screen. At the right viewing distance your child should be able to reach out and comfortably touch the screen with their fingertips.
- Make sure the armrests aren't too high as this can cause your child to hunch their shoulders. Armrests that don't fit under the desk may also prevent your child getting close enough to the desk to work comfortably.
- Your child should only use armrests to rest between computer work.
- Ensure there is enough room under and around the desk for your child to move freely.
- Encourage your child to get up and move around periodically, so that they aren't using the computer for long periods of time without a break. About a 10 minute break within every hour should be encouraged.



Cardinus Risk Management Limited

■ 4th Floor, 3 East Grinstead House
Wood Street, East Grinstead
West Sussex RH19 1UZ

■ 107 Leadenhall Street
London
EC3A 4AF

■ Tel: 020 7469 0200 Email: info@cardinus.com Web: www.ergonomics4kids.com

Cardinus LLC

■ 325 E. Rolling Oaks Drive
STE 250
Thousand Oaks
CA 91361

