

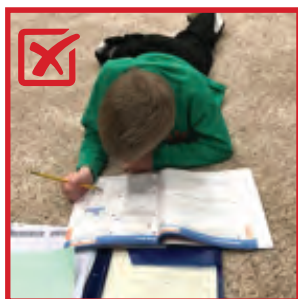
# ERGONOMICS FOR ME!

**Ergo•nom•ics** aka Ergo *The understanding of how people move and work within their environment.* For example, Ergonomists (scientists who study ergo) watch how people sit in their chairs to learn **how posture can impact your body.**

## Why is Ergo important for me?

Changing your position to sit up tall, keep wrists in a neutral position, and feet supported, will reduce strain and help keep your body healthy and ready to do all the things you love!

## Ergo Dos and Try Not Tos:



Do- Sit upright, use a pillow or a rolled up towel to support your back, choose working at a table or desk when possible

Try not to- Lay on the floor for a long time

Do- Tilt your keyboard to keep your wrists in a neutral position, try using a binder or roll of tape to do this

Try not to- Slouch, avoid putting your device on your lap or working from a couch or bed

Do- When not typing, use a sturdy bin or box to bring the screen to your eye level

## Keep Moving!

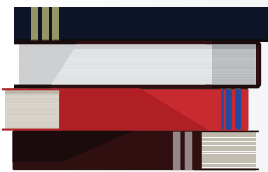
- Change your location throughout the day
- Take breaks and get active!
  - Every 20-30 minutes, get up, move, stretch, or change positions
- Take a walk or hike, do a scavenger hunt, obstacle course, or an online fitness class
  - Be sure to follow social distancing



**Always ask your parent or guardian's permission before leaving your home, and before entering an online fitness class.**

# ERGO FOR ME SCAVENGER HUNT

You can create the perfect ergo workspace for yourself, by making simple changes using objects you already have at home. See which tools you can find in your house to help create a great workspace! *Ask for a responsible adult's help if something is heavy or out of reach.*



## Sturdy Books

Place under your feet for support if they do not sit flat on the ground.

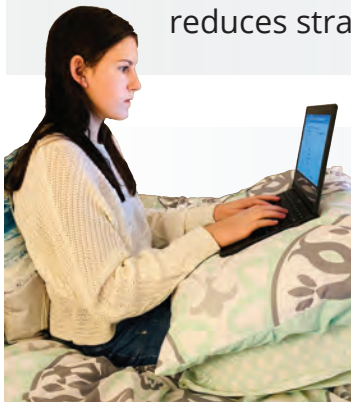
## Timer

Set at 20-30 minutes and take a break, move around, or change your work location, every time it rings.



## Sturdy Box or Bin

Use this to put your device on top of when you are not typing, this moves the screen to eye level and reduces strain on your neck.



## Roll of Tape or Binder

Put it under your laptop to create a tilt, this will help keep your wrists in a neutral position.



## Pillow

Place it on your lap to bring your laptop or tablet closer to eye level, helping to protect your neck from strain. Place it behind your back for extra support.

## Rolled Towel

Place it behind back if extra support is needed while sitting. Sit on a folded towel if the chair is too low.



## A you-sized table

Get creative! Does the coffee table fit you? Maybe a side table is just your height.



**Note to the parents/guardians:** While they are flexible, children's rapidly developing bodies thrive with movement. Use these tips to increase attention span and productivity by nurturing healthy postures, encouraging movement, and limiting static positioning.