

Entry 1 Digital Skills Health and Safety Term 2

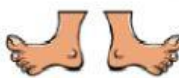
PART 1

1. Write the date when you complete the task

I know	Date when achieved
1. How to correctly set up my desk, my IT equipment and my chair.	
2. How to keep the correct posture while working on computer	
3. How often I should take breaks.	

2. Match the words with parts of the body

elbow

head

chest

ankle

arms

toes

knees

wrist

feet

ears

3. Click on the link below to watch the video about the correct sitting position at a desktop computer.

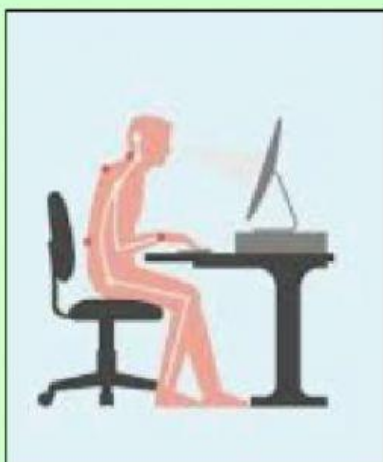
<https://www.youtube.com/watch?v=PcsoeDpUSrs>

4. According to the video, what do you need to pay attention to?
Choose **5 body parts** that you need to pay attention to.

1. You need to think about your head .	
2. You need to think about your knees .	
3. You need to think about your elbows .	
4. You need to think about your ankles .	
5. You need to think about your toes .	
6. You need to think about your feet .	
7. You need to think about your arms .	
8. You need to think about your wrists .	
9. You need to think about your ears .	
10. You need to think about your chest .	

5. Look at the pictures.

Tick ☒ the picture where the person is sitting correctly.

☐☐

6. Read the sentences below.

Which picture is each sentence describing?

Choose **A** or **B**.

1. He is sitting straight.	
2. He is sitting forward.	
3. His feet are flat on the floor.	
4. He has his elbows and knees at 90 degree.	
5. He doesn't have his elbows and knees at 90 degree.	