

## E-safety

### Body posture



#### Activity 1

Theory



Are these statements true or false?

|   | Question                                                    | True or False |
|---|-------------------------------------------------------------|---------------|
| 1 | Sit half an arm's length away from the computer             |               |
| 2 | Posture is the way you hold your body                       |               |
| 3 | Keep your back bent and supported by the back of the chair  |               |
| 4 | Keep blinds closed and use a medium light level in the room |               |

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