

Name: _____

G5 - Class: _____

Subject: **Technology and Innovation**

Date: March, 2023

Computer Ergonomics

About **Ergonomics**, which expressions are true?

Ergonomics help people to grow taller.	
Ergonomics is the science that relates the environment to people.	
Ergonomics is about designing products, environments or jobs in such a way that they adapt to people to improve their quality of life.	
Ergonomics make people happy.	

When working with computers:

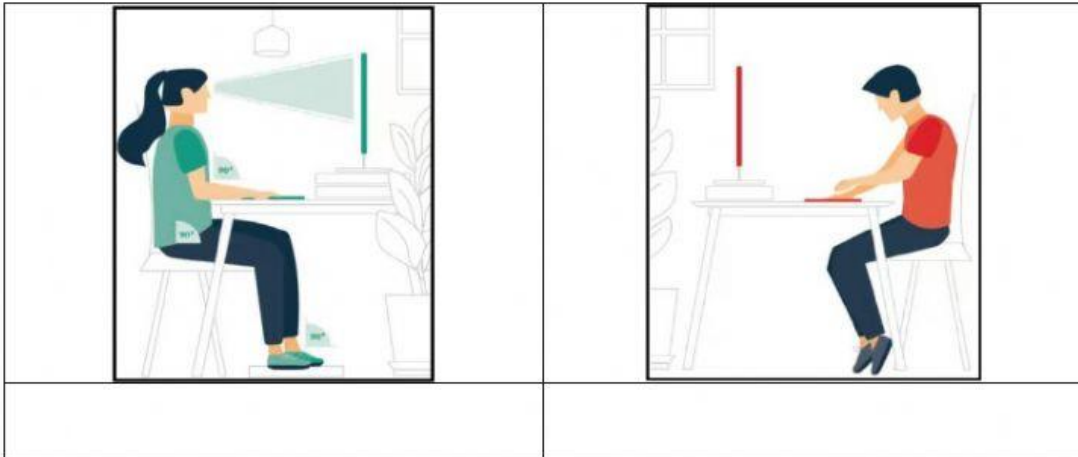
About the distance from the **eyes** to the screen:

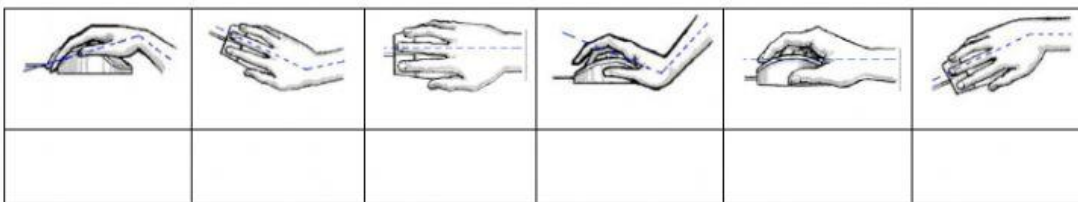
About the right **sitting** position:

About the **elbows** position:



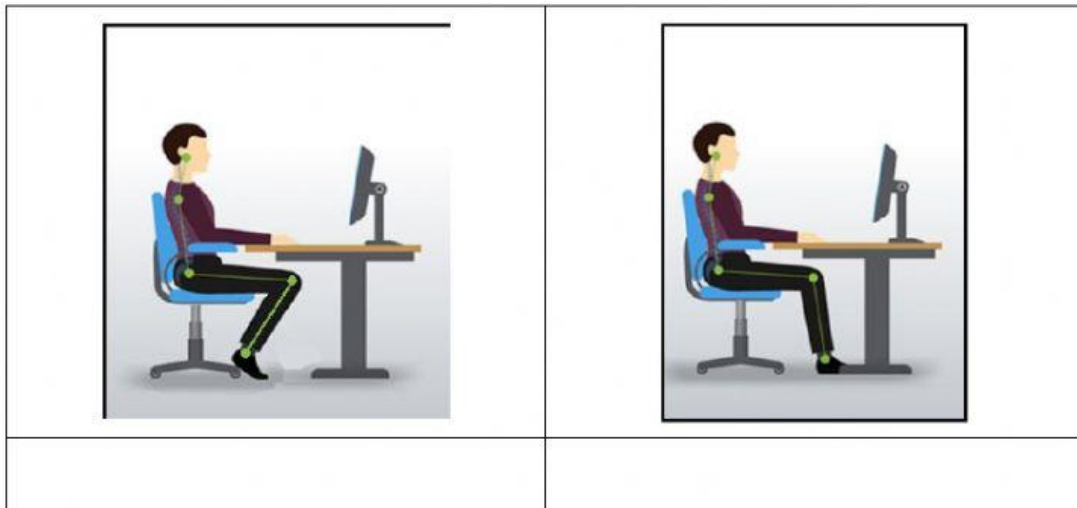
Mark an X on the pictures showing the right **wrist** position:



About the **feet** position:



About the **legs** position:



For each expression, mark **R** (right) or **W** (wrong) about computer ergonomics:

Feet must be flat on the floor.	
Try to take regular breaks while working.	
Upper back straight with shoulders .	
The armrest is not necessary.	
Wrist straight with fingers relaxed.	
Cross your legs while working in the computer.	
The top of the screen should be at eye level .	
Wrists flat at the keyboard, not angled up.	
Sit on the edge of the chair to be closer to the screen.	
Knees slightly lower or at the same level as your hips.	
Feet must be flat on the ground or footrest.	
Wait until you have health problems to make ergonomic adjustments.	
The backrest is not necessary.	
Ergonomics is not necessary when using computers.	
Try to keep the head upright with ears, aligned with shoulders .	