

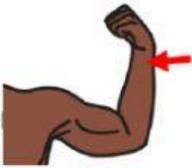
## Entry 2 Literacy Digital Skills Health and Safety Term 2

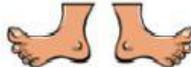
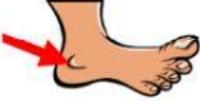
### PART 1

#### 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.

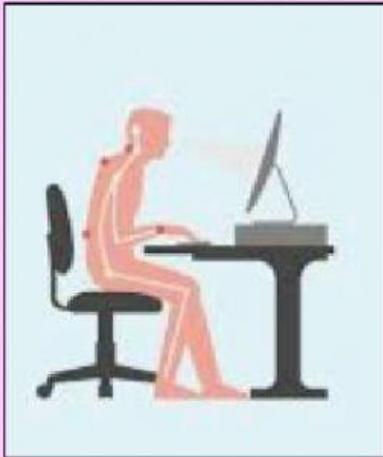
<https://www.youtube.com/watch?v=PcsoeDpUSrs>

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

5. Look at the pictures.

Tick  the picture where the person is sitting correctly.



6. Look at the pictures again.

Who is sitting correctly? Why? Write **3 sentences** to explain.

1.

2.

3.