

## 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	

S

T

R

E

A

M

