

E-safety

Body posture



Activity 1



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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