



Posture and movement

Throughout the school day, students will use their Chromebooks for short term use (less than hour) at a time.



It is important for students to develop and exercise healthy postural habits to avoid stressing the body or developing musculoskeletal injuries during Chromebook use or use of any other ICT device.

Central to ensuring good posture is maintained, is to focus on positioning the back, neck and shoulders, arms and forearms, wrists and hands. You can you can help your students by:

- encouraging them to sit at a desk with their elbows at right angles to the desk with their wrists flat. This helps maintain blood flow in the hands and arms and decreases muscle strain and fatigue
- providing sufficient lighting and arrange the work area so that reflections and sun glare do not cause a visual disturbance
- encouraging a light touch on the keyboard when typing and let the fingers rest lightly on the keys
- helping them set up their work space so that they sit with the screen at arm's length to the screen and shoulders relaxed
 - a neutral posture that is not hunched or rounded with the neck aligned with the spine - not bent or thrust forward
 - a relaxed and supported back
 - straight wrists and hands - not bent or turned out.

Supporting good posture

You can help students by:

- adjusting the space they work in to suit their physical need. If possible:
 - use adjustable chairs and teach them to sit tall, position their backs flat against the seat, their feet flat on the ground and their knees facing forward (cushions can be added to provide extra support). This encourages good posture, enables proper sitting height, and avoids pressure on the back of the thigh which promotes good circulation.
 - tilt the screen so their eyes are at the top of the screen. This encourages the use of the eyes rather than the neck to adjust the line of vision
- encourage them to take regular breaks and get a drink
- set break reminders:
 - after 20 minutes of screen time get your students to look in the distance, or
 - download a free app or Google extensions such as [Compassionate Computing](#), [Evo](#), [Stretch Reminder](#), [Take A Break](#) and [PostureMinder](#) to set break reminders
- where possible, encourage them to:
 - regularly rotate between Chromebook and school activities that do not require technology
 - switch between typing tasks and browsing tasks
- get them changing postures or stretching on a regular basis for at least 20 seconds so as to avoid interfering with circulation.

TIP: When a student contorts their body or slumps, it is generally a sign that they are fatiguing and need a break or change of task.

Stretching

Taking a break, stretching limbs and loosening the body:

- stops students feeling sluggish and tired
- restores concentration
- improves joint mobility and muscle flexibility
- improves circulation
- stops students from reverting to an unhealthy posture
- prevents muscle fatigue and eye strain.



Stretches should be done with controlled, slow movement and should not be done to the point of discomfort.

Transporting the Chromebook

Although Chromebooks by design are portable and lightweight there are some things you can suggest to students to ensure that stress on the body is mitigated when moving the device around.

The following are points of consideration:

- Lightening the load – taking items out of a school bag when they are not needed
- Switching hands or shoulders frequently when carrying a bag with a handle or shoulder strap
- If carrying the Chromebook in a backpack, use both shoulder straps.



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bag