

I'M NO SLOUCH!



Setting up your "homework" station - advice for parents and students

Homework can be a health hazard! Spending hours hunched over a crowded desk, working at your computer, squinting into the screen and sitting on the edge of your seat can cause back and neck aches. Here are some hints for your "homework" station to keep you healthy while you study.



Park it PROPERLY!

A good chair supports your whole body while you study. Invest in a chair with the following features:

- A height adjustable seat to sit tall at your desk.
- A well padded seat for bottom comfort and to stop the forward slump.
- An adjustable height back rest, shaped to support your back.
- Avoid armrests. They stop you getting close to the desk and make you hunch your shoulders when keying.

Castors are for carpet. On hard floors they can send you for a spin.

Optional extra! A forward tilt mechanism is great for relieving pressure on your lower back.

DECONSTRUCT YOUR DESK!

A simple table or bench works well as a homework desk. Does yours make the grade?

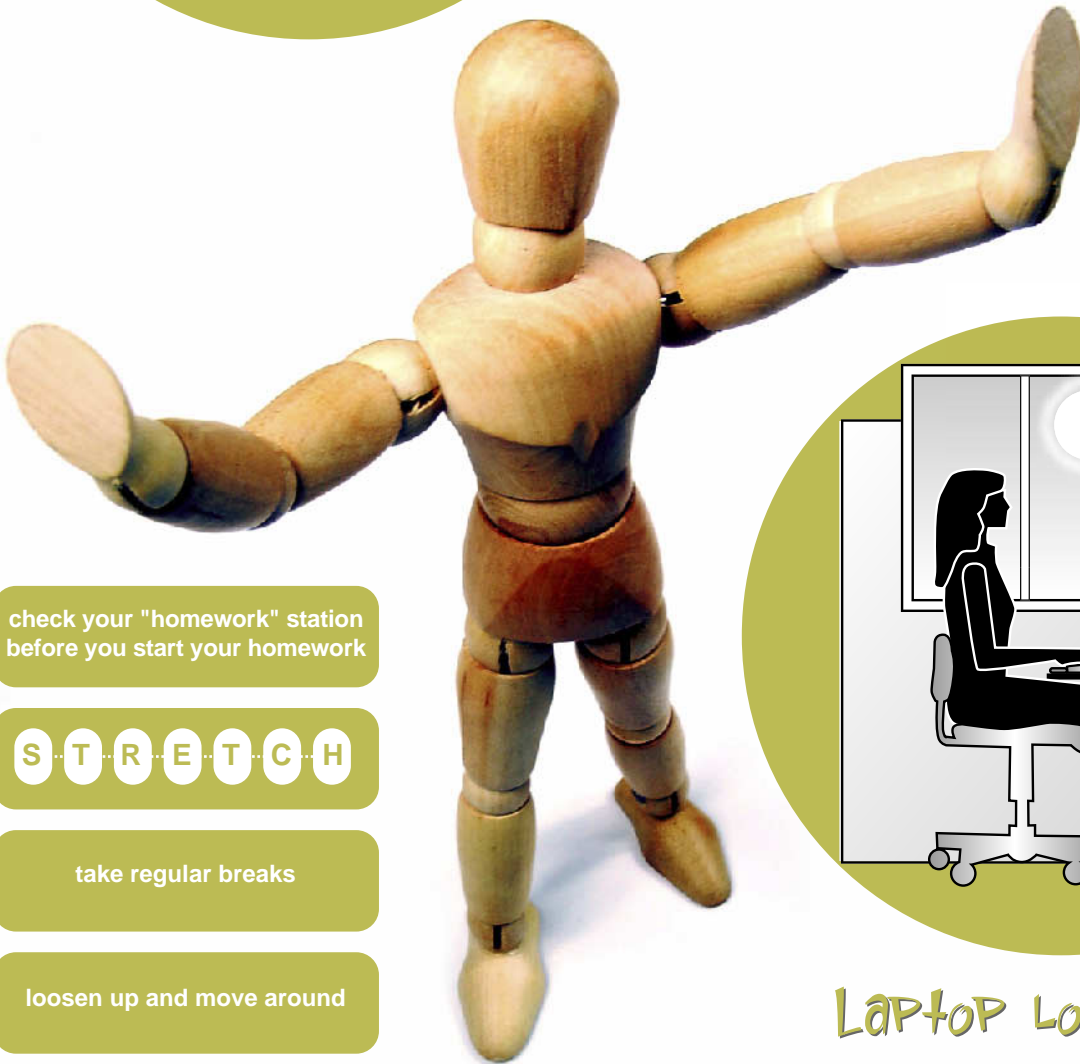
- De-clutter your desk. Put stuff you need within easy reach. If you don't need it, ditch it!
- Check the height of your desk. 700mm fits most students. Can't reach the floor? Get a footstool. Desk too low for the basketball champion? Raise the height of your desk.
- Is your desk the right depth for a computer? 900mm deep fits a standard screen. 700mm is OK for a flat screen or a laptop.
- Shadows on the desk? Can't see to work? Add a desk light.
- Make sure your desk is not too thick to avoid shoulder creep. Less than 30mm thick is great.
- Use a document holder for your papers to avoid twisting and possible strain.



please turn over

COMPUTER CONSIDERATIONS

- Position your screen at arm's reach and at eye level.
- To minimise glare, place the monitor perpendicular to windows and tilt screen vertically.
- Clean your screen! Fingerprints and dirt make it hard to read.
- Place your keyboard and mouse directly in front of you to avoid overstretching.
- Stop hovering over keys or the mouse. This increases muscle tension.
- Don't thump the keys. Take your tension out on a basketball!
- Choose a mouse that can be used with either hand and teach yourself to be ambidextrous. This may help to avoid overuse of one hand.



check your "homework" station before you start your homework

S T R E T C H

take regular breaks

loosen up and move around

keep the blood flowing!



LAPTOP LOGISTICS

- Place your laptop on a stand so the screen is at eye level.
- Use a detachable mouse and keyboard for good posture.

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