MODERN DIGITAL SKILLS

CHAPTER 8: BALANCED & HEALTHY USE OF TECHNOLOGY
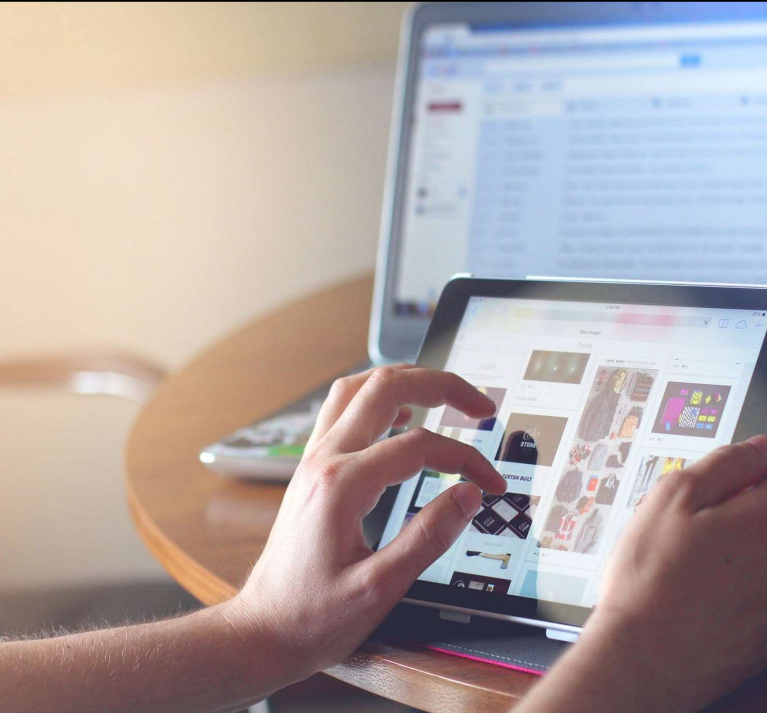
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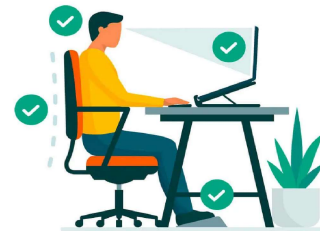
Ergonomics
Introduction

- **Ergonomics**
    - The study of the **relationship between** the **worker** and the **job**
    - It studies how to **adjust the work environment** to improve your **comfort and safety** while you do your job.

Factors considered in ergonomics

- **body posture and movement:**
    - ⑩ *Standing and sitting*
    - ⑩ *pulling and pushing*
    - ⑩ *lifting*
- **environmental factors:**
    - ⑩ *Noise*
    - ⑩ *Lighting*
    - ⑩ *Temperature*

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Ergonomics
## Introduction

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Ergonomics
Importance to health

✓ Ergonomics is very important in **maintaining health** and **well-being**, especially in workplaces where people spend a lot of doing many tasks.

Benefits of Ergonomics to Health	
Benefit	*Description*
Avoiding Hurts and Staying Safe	Prevents muscle and bone pain, ensures proper setup to prevent injuries, and promotes proper posture and better Sitting .
Less Tiredness and Feeling Good	Enhances comfort and reduces fatigue, helping users stay productive.
Working Faster	Increases efficiency while following safety regulations.

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Ergonomics and Technology
Technology usage-related risks and injuries

✓ **Technology usage-related risks and injuries**, often referred to as **"digital injuries"** or **"tech-related health issues**," are increasing because of the widespread use of devices in daily life.
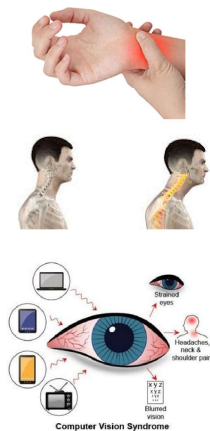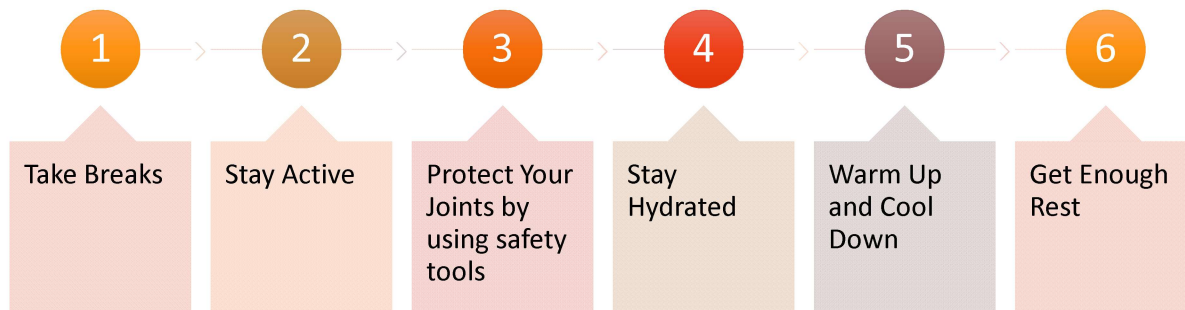

Injury/Health Concern	Description
Repetitive Strain Injuries (RSIs)	Strain caused by repetitive motions like typing.
Text Neck	Neck strain from frequently looking down at mobile devices.
Computer Vision Syndrome (CVS) and Digital Eye Strain	Eye strain and discomfort from extended screen use. Unclear vision, headaches, and dry eyes due to prolonged screen exposure.
Psychological Effects	Stress, Depression and anxiety from excessive use of technology.

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Ergonomics and Technology
Injury Prevention Tips

✓ Simple orgonomics Steps for Preventing Injuries:

1	2	3	4	5	6
Take Breaks	Stay Active	Protect Your Joints by using safety tools	Stay Hydrated	Warm Up and Cool Down	Get Enough Rest

Ergonomics and Technology
Mobile Devices

✓ **Ergonomics with mobile devices** (such as smartphones and tablets) means using them in a way that doesn't strain (or stress) your body.

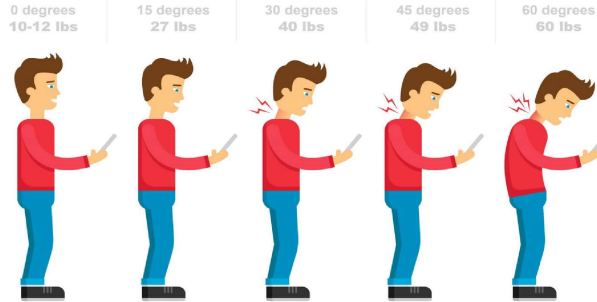| Ergonomics Suggestions for a good use of mobile devices	
Suggestion	*Description*
Hold it Right	Hold your device comfortably so your hands and arms don't get tired.
Look Easy	Keep your device at eye level to avoid neck strain.
Take Breaks	Give your eyes and fingers breaks by looking away and stretching.
Use Accessories	Try using stands or holders for the device, don't hold it all the time.
Type Softly	Type lightly and comfortably to avoid straining your fingers and wrists.
Good posture	Sit or stand in a comfortable position when using your device
Adjust device Settings	Adjust brightness and font size to make it easier on your eyes.

Ergonomics and Technology
Mobile Devices

HOW IS THE SMARTPHONE DAMAGING YOUR NECK

| 0 degrees 10-12 lbs	15 degrees 27 lbs	30 degrees 40 lbs	45 degrees 49 lbs	60 degrees 60 lbs

Take a break...

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Computer Ergonomics
What is Computer Ergonomics?

✓ **Computer Ergonomics:** Type of Ergonomics that concerns with setting up your computer and workspace in a way that's comfortable and safe for your body.

✓ Computer Ergonomics includes:
1. **Sitting in a chair** that supports your back and allows your feet to touch the ground.
2. **Positioning your monitor** so the top is at or slightly below eye level, and about arm's length away from you.
3. **Keeping your keyboard and mouse close**, with your wrists straight and your elbows close to your body.
4. **Taking regular breaks** to stretch and move around

Unplug & Unwind
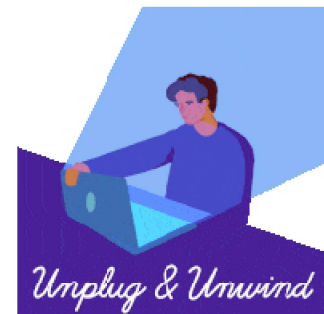
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Computer Ergonomics
Working from home

- ✓ **Working from Home**: Doing your job from your house instead of going to an office.
  - ▪ Computer Ergonomics is important in working from home to stay **comfortable, productive** and **avoid getting hurt**.

- ✓ **Suggestions** of computer ergonomics regarding working from home:
  1. **Create a Comfortable Workspace**:
     it's important to have an ergonomic-friendly workspace with proper furniture, shelves, and organizers . Ensure proper ventilation and lightning.
  2. **Minimize Distractions**:
     Set boundaries (specify working hours) to stay focused and productive and reduce interruptions. You can use noise-canceling headphones if the environment is noisy.
  3. **Effective Communication**:
     Ensure smooth communication with your team by using tools like email, video calls, or messaging apps.

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Computer Ergonomics
Working from home
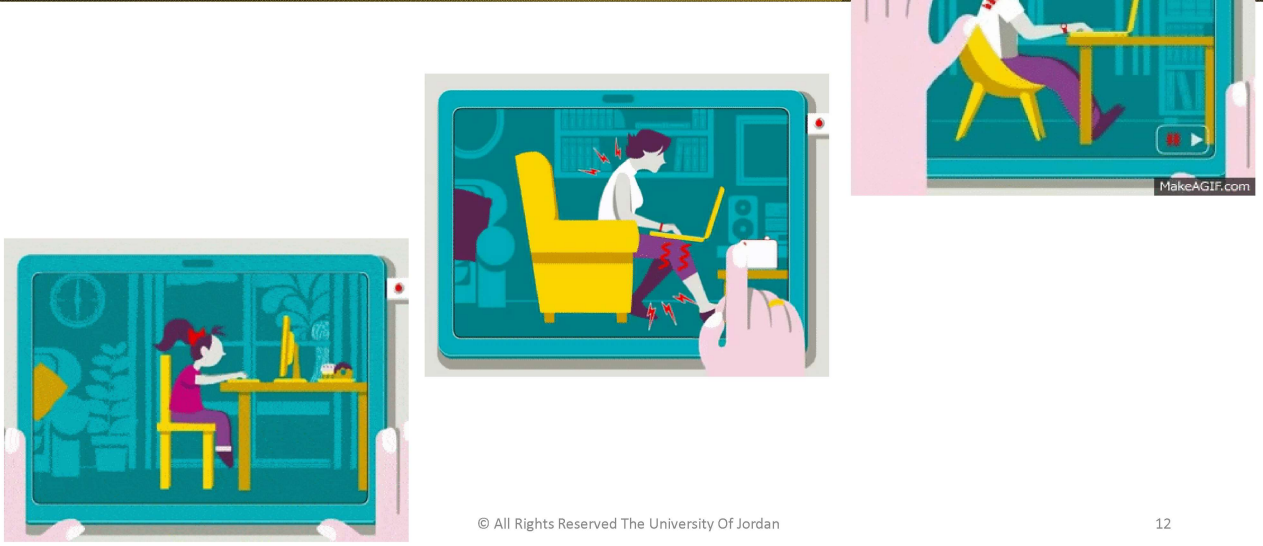
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Digital Wellbeing
What is Digital Wellbeing?

- ✓ **Digital Wellbeing:**
  Finding a **healthy balance** between using technology and taking care of your overall well-being.

- ✓ Digital wellbeing includes:
  1. **Be careful of how much time** you spend on digital devices like phones, computers, and tablets.
  2. **Making sure you take breaks** and engage in activities that are good for your physical and mental health, like exercise, spending time with friends and family, or pursuing hobbies.

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Digital Wellbeing
Screen time managing

- ✓ **Screen Time Management:** a digital wellbeing approach that concerns keeping track of how much time you spend on screens and taking steps to manage it effectively.

- ✓ Screen Time management suggestion:
  1. **Set limits** on how much time you spend on certain apps or websites.
  2. **Use "Apps Timer Set"** tools on your device that track your screen time and give you reports on how much time you're spending on different activities.
  3. **Take breaks** from screens throughout the day and engage in other activities
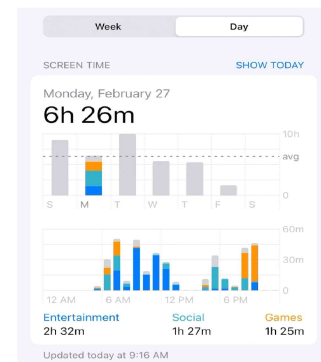
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Digital Wellbeing
Apps Timer Set

✓ <mark>Application Timer Set</mark> : Applications on your devices for **screen timing** that allow you to **set timers** or limits on how long you can use certain apps
  ▪ These apps allow you to use your devices in a healthy and balanced.

✓ **Using Application Timer set:**
  1. You can set a timer for how long you want to use a specific app each day.
  2. Once you reach the time limit, the app will either remind you to take a break or automatically restrict your access to it.
  3. This helps you manage your screen time and encourages you to use your devices more mindfully.

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