

Chapter Three

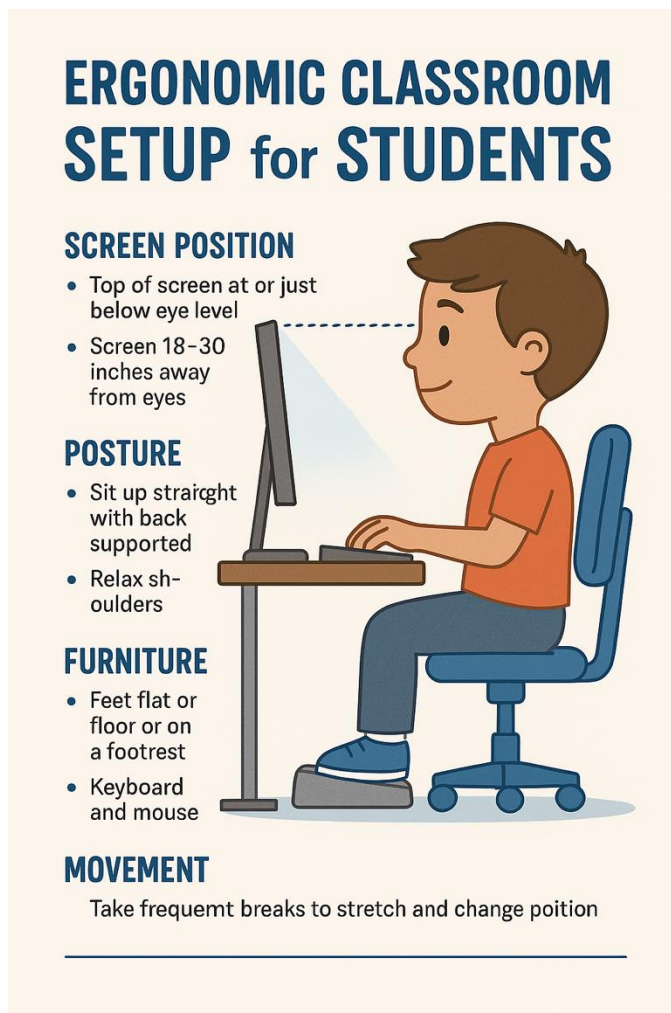
Ergonomics: The Forgotten Topic

Companion Materials

While digital innovation continues to shape classroom instruction, the physical realities of screen time and device use for young learners demand attention. The resources curated for this chapter extend the discussion of ergonomics by offering educators practical guidance on designing developmentally appropriate learning environments.

1. Interactive Tools & Infographics

- Ergonomic Classroom Setup for Students (Infographic)
Visual guide for posture, desk setup, and monitor placement



Look 20 Feet Away 20-20-20 Every 20 Minutes 20 Seconds

- Student-Friendly Screen Time Guidelines
Developmentally appropriate screen time limits with reminders

Student-Friendly Screen Time Guidelines

Age	Recommended Limit
Under 2 Years	Avoid screen time
Ages 2-5	1 hour per day
Ages 6-12	1-2 hours per day
Teens	No more than 2 hours per day

Remember to make time for sleep, play, and offline activities!

4. Templates & Checklists

- Exploring Teachers' Awareness and Attitudes Towards Ergonomics Practices in the Classroom:
https://www.researchgate.net/publication/389321015_Exploring_Teachers'_Awareness_and_Attitudes_Towards_Ergonomics_Practices_in_the_Classroom

Ergonomic Risk Assessment for Educators

Use this checklist to evaluate your classroom's ergonomic setup for student well-being. Mark each item as Yes / No / Needs Improvement.

- ☐ Monitors are placed at eye level for students.
- ☐ Chairs support lower back and allow feet to rest flat or on footrests.
- ☐ Keyboards and mice are within easy reach with relaxed elbows.
- ☐ Lighting is adjusted to reduce glare on screens.
- ☐ Students are prompted to take visual and physical breaks every 20 minutes.
- ☐ Workstations accommodate students with disabilities or physical limitations.

Student Device Positioning Checklist

Quick-reference guide for correct screen setup and posture:

- ☐ Screen top is at or slightly below eye level.
- ☐ Sit upright with back supported by the chair.
- ☐ Elbows form a 90-degree angle on the desk.
- ☐ Wrists are straight while typing or using a mouse.
- ☐ Feet rest flat on the floor or on a footrest.
- ☐ Tablet users have stands to avoid neck bending.

- Weekly Screen Use Reflection Journal
Promotes awareness of time, fatigue, and breaks

Weekly Screen Use Reflection Journal

Record your experiences with screen time this week. Use one row per day.

Table:

Day	Estimated Screen Time (hrs)	Symptoms (e.g. eye strain, back pain)	Breaks Taken? (Y/N)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

5. Recommended Reading

- Nanehkeran, M. M., & Nourbakhsh, A. (2025). Musculoskeletal issues and risks in school children associated with cellphone and backpack use and strategies that parents and teachers can adopt to prevent them. *Medical Research Archives*, 13(6). <https://esmed.org/MRA/mra/article/download/6563/99193549352>
- Sheppard, A. L., & Wolffsohn, J. S. (2020). Digital eye strain: Prevalence, measurement and amelioration. *BMJ Open Ophthalmology*, 5(1), e000248. <https://bmjophth.bmj.com/content/3/1/e000146>