

Learn From Home

Learning from home is happening now more than ever. Here are some tips you can incorporate for your student to make learning from home more comfortable and engaging.

Ergonomic Tips

- A.** Feet supported on floor or on a footrest
- B.** Knees bent to around 90 degrees
- C.** Make sure there is a clearance between the front of the chair and the back of your knees
- D.** Reduce lower back discomfort by sitting all the way back into the chair to avoid being hunched over
- E.** Keep the neck straight. Don't tilt, bend or crane forward

Don't Forget

- Changing postures frequently - there is no 'one right' posture
- Take breaks throughout the day to move your body
- Take periodic eye breaks
- Set up near a window, so that you can reap the benefits of natural light



Set up for Elementary Students

Activity expectations while at desk include viewing videos, participating in video calls, tablet usage (touchscreen) and writing.



Chair that supports feet on floor

In absence of proper chair for students' size, a box or stepstool can be used to support feet. Given an "adult" sized chair, put a pillow behind the student to reduce seat depth and provide proper support.



When only viewing monitor/screen

Position it directly in front of student at eye level (student should not be required to tilt head up to see for extended periods of time). A monitor arm can be used to adjust the position of the screen or stack books up to support a tablet at the proper viewing height.



If using a touchscreen (inputting data)

Ensure that the student is not reaching too far/high. The tablet may need to be placed at a location that results in non-ideal neck postures. If this is the case, ensure that the student is taking frequent breaks to promote neutral neck postures.

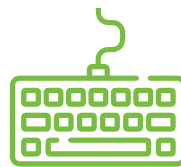


Reading

While reading, student may assume other positions and fidgeting.

Set up for Middle and High School Students

Activity expectations while at desk include viewing videos, participating in video calls, typing using keyboard and tablet usage.



Chair

Chairs that supports feet on the floor, clearance behind knees, and back support.

Table Height

Promotes healthy arm postures when interacting with a keyboard (relaxed shoulders, elbow 90 degrees or greater, straight wrists resting flat on surface or hovering). If there is a mismatch between chair and table height: elevate chair height and use foot-rest or other support, use a keyboard to effectively lower the table height, or use an adjustable or alternative surface that is the right height.

Monitor/Screen

The monitor/screen should be positioned directly in front of student at eye level (student should not be required to tilt head up to see for extended periods of time). A monitor arm can be used to adjust the position of the screen. Or, stack books up to support a tablet at the proper viewing height.

Keyboard

The keyboard should be directly in front of the student (not on lap or off to the side). If a laptop is used, it is recommended that an external monitor and/or keyboard be utilized to sure proper positioning of both the monitor and the keyboard.

Touchscreen

If using a touch-screen (inputting data), ensure that the student is not reaching too far/high. The tablet may need to be placed at a location that results in non-ideal neck postures. If this is the case, ensure that the student is taking frequent breaks to promote neutral neck postures.

Use the chart below to find the correct seat and table height to make learning from home more comfortable for your student.

Recommended space from chair seat to underside of table 8"=11"							
Seat Height	6"	12"	14"	16"	18"	24"	30"
Table Height	14"	22"	24"	27"	29"	36"	42"
Pre-K							
Kindergarten - Grade 1							
Grade 2-4							
Grade 5-12							