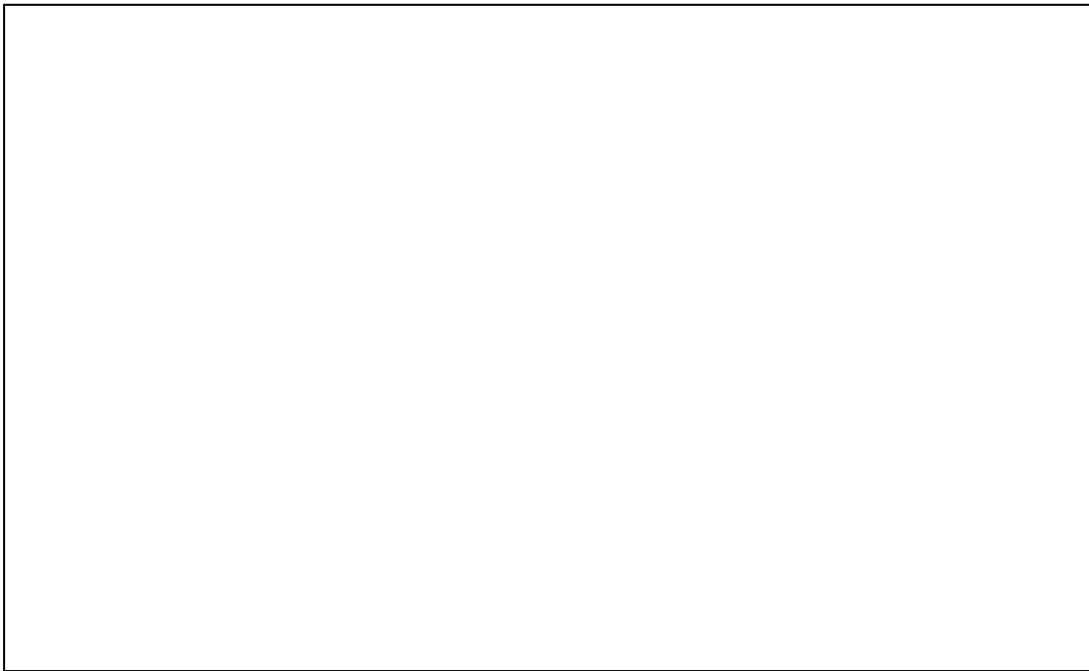


Social implications

Ergonomics and health issues worksheet

1. Define the term 'Ergonomics'.

2. Draw a diagram of the ideal position in front of a computer. Be sure to indicate position of keyboard and monitor. Also indicate ideal chair height.



3. Suggest three ways in which a person can try and avoid / minimise the negative impacts of using ICT.
