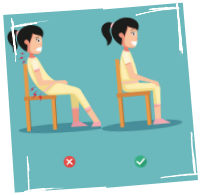


# HOME SCHOOL ERGO TIPS FOR KIDS

## A+ POSTURE



- ✓ Does your chair fit you?
- ✓ Is your back supported?
- ✓ Are your feet on the floor or a footrest?

## SET-UP



- ✓ Is your keyboard & mouse at elbow height?
- ✓ Is your screen at eye level?
- ✓ Is everything within close reach?

## READING



- ✓ Do you have a reading spot?
- ✓ Do you have good lighting?
- ✓ Do you have a comfy chair with good back support?

## WRITING



- ✓ Is your writing surface at elbow height?
- ✓ Do you slouch when you write?
- ✓ Are your shoulders relaxed?

## BREAKS



- ✓ What are you doing for exercise?
- ✓ Do you have hobbies that you are enjoying?