



Puget Sound Human Factors & Ergonomics Society

Technically Cool Computing Classroom Activity Instructions

Students follow along with Activity Leader and help each other set up a computer workstation to support an improved posture.

Activity time: 45 to 60 minutes

Objectives

By the end of this activity students will be able to:

- Demonstrate a comfortable, healthy posture for working and playing at the computer
- Evaluate a computer workstation set-up and make necessary improvements
- Help a classmate or relative set up their computer workstation for comfort

Materials in the TCC Kits

- Introductory letter for schools
- Introductory letter for parents
- PowerPoint slideshow on Technically Cool Computing Activity
- TCC Activity Checklist
- Two worksheets: TCC Activity Worksheet and TCC Problem-Solving Worksheet—Make one copy for each group of two students

Procedure

1. Print TCC Activity Checklist to guide the activity.
2. Distribute worksheets and pens
3. Show the PowerPoint presentation as you complete the activity. **NOTE:** Open as Read-only when prompted for password. Use PowerPoint notes pages and TCC Activity Checklist to guide you.
4. Have the student pairs take turns setting each other up at a computer workstation, getting as close to the Power Pose as possible.
5. See PowerPoint notes pages for additional help in describing the various steps of the activity.
6. Ask follow up questions on the PowerPoint at the end of the activity and record responses.

Follow-up Discussion

Ask students to share any problems they may have run into when trying to get into the Power Pose, as well as any solutions they tried.

Ask students additional questions to stimulate thought and conversation:

- Did anyone notice a difference in comfort when sitting in the Power Pose compared to other postures?
- Do you think posture makes a difference if you're sitting at the computer for 15 minutes? How about 1 hour? Or 4 hours?
- Do you think you could do this activity on your computer at home?

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