

CHILDREN'S WORKSPACE: QUICK TIPS

Many children are now completing schoolwork at an adult-sized desk or dining room table. Here are some tips for creating an ergonomic workspace for your child during the COVID-19 pandemic.



Positioning: 90-90-90

- Elbows, knees, and hips all bent to **90 degrees**.
- Elbows at same height as table.

Proper Posture

- Sit up straight.
- Shoulders back and down.
- Arms supported by armrests if available.
- Adjust height of chair to achieve 90-90-90 position.



Schedule Breaks

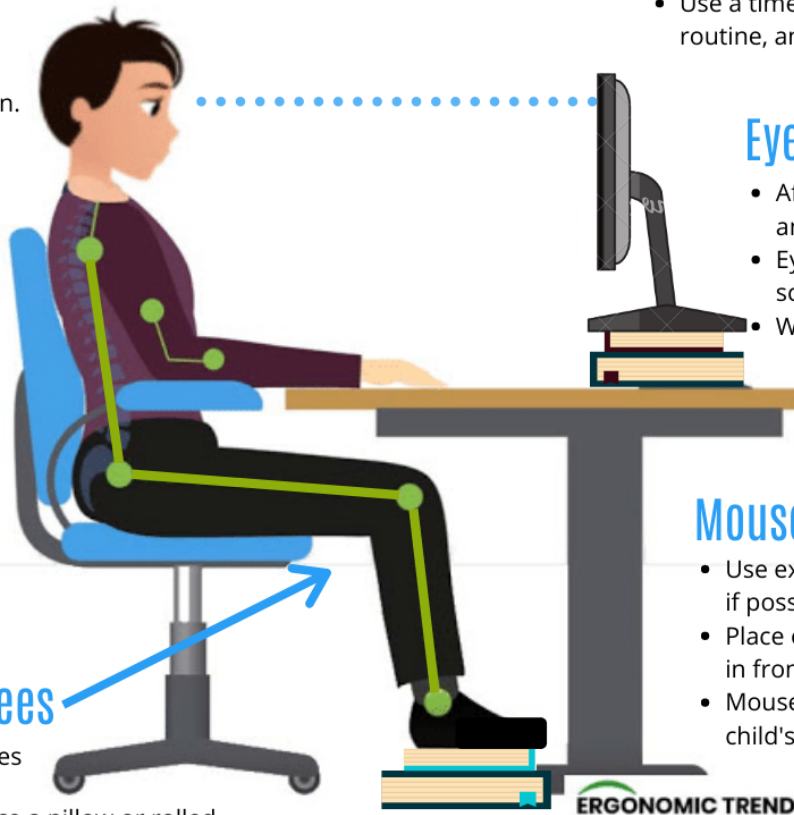
- Every 30 minutes take a short standing break.
- Use a timer to create structure, routine, and predictability.

Lower Back Supported

- Back should touch backrest of chair.
- Place a pillow or rolled up towel behind lower back for added lumbar support.

Space Behind Knees

- 2-3 fingers between knees and edge of chair.
- If not enough space: place a pillow or rolled up towel behind back.
- If too much space: larger chair needed.



Eye Care

- After 20 minutes of screen time, look at an object 20 feet away for 20 seconds.
- Eyes in line with top of screen (raise screen with books or lower chair).
- Well-lit space without glare or shadows.

Mouse & Keyboard

- Use external keyboard and mouse if possible.
- Place on the same surface, centred in front of body.
- Mouse should fit in the palm of child's hand.

Feet Supported

- Feet flat on ground.
- Use books or a stool to support feet if needed.

Proper ergonomics promotes:

- increased focus
- decreased eye strain
- improved handwriting
- increased muscle strength and reduced pain
- decreased risk of injury now and in the future

Poor ergonomics may cause:

- adult back pain
- fidgeting and rocking
- fatigue and headaches
- decreased quality of life
- pain, discomfort and strain injuries



MORE INFO