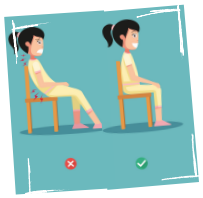
pbe
Performance Based Ergonomics

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?