Name of Unit _Shop Safety_____   **Shop** ___**Programming and Web Development**_____

Grade Level: **9**   **Topic:** **Ergonomic Computer Workspaces**   **Prepared By:** **Larry Lambert**

Overview & Purpose	Massachusetts CTE Standards Addressed
Overview & Purpose The purpose of this topic is to provide students with the knowledge required to set up an ergonomic computer workspace thereby avoiding repetitive stress injuries.	**Massachusetts CTE Standards Addressed** http://www.doe.mass.edu/cte/FrameworkDrafts/ Programming & Web Development (VPROG)

	Standards Addressed	**Skills Addressed**	
Strand 1 **Health and Safety**	1.A.02.04 Demonstrate safe dress and use of relevant safety gear and personal protective equipment (PPE), including (where appropriate) wrist rests, adjustable workspaces and equipment, gloves, boots, earplugs, eye protection, and breathing apparatus. 1.A.02.05 Demonstrate appropriate safe body mechanics, including proper lifting techniques and ergonomics.	Research and application of the knowledge yeilded by the research	**Materials Needed:** • Computer • Computer Workstation (chair, table) • Wrist Rests, Ergonomic Mouse Pads, Document Holders • Digital Camera
Strand 2 **Technical Knowledge and Skills**	2.A.01.01 Demonstrate safe body mechanics with regard to computer workstation ergonomics.	Research and application of the knowledge yielded by the research	**Other Resources** (e.g. Web, books, etc.) http://www.healthycomputing.com/ http://ergonomics.about.com/od/office/ss/computer_setup.ht
Strand 3 **Embedded Academic Knowledge and Skills**	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.		
Activities	• Introduction • Research • Hands-On • Summary Report		**Lesson** 1 of 10
Summary Notes			