Ergonomics for Computer Users

Directions:

Ergonomics is the science of designing equipment and devices to fit users' interaction. While working on a computer, it is important for the users to be as comfortable as possible. Ergonomics for computer users includes seating, lighting, screen and keyboard position, etc.

1. Your instructor will divide the class into groups of three or four.

2. Groups will conduct research on ergonomics for computer users. Gather the following information:
   - Seating, screen and keyboard position
   - Lighting
   - Ventilation
   - Potential health issues caused by improper use of computers (e.g. eye strain, posture-related problems, etc.)

3. Using your findings, use Microsoft® Publisher to design an *Ergonomics for Computer Users* brochure. Include diagrams or pictures in the brochure.

4. The last section of the brochure should include a citation sheet listing all sources used.

5. Share your brochures with the class and be prepared to answer questions.