



## Ergonomics Project

### 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. You may work alone or in groups of up to 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 a Microsoft® product to design an *Ergonomics for Computer Users* brochure. Include diagrams or pictures in the brochure.
4. When complete, turn in through Teams. Be sure all team members' names are on the final product.