

## September (9.3)

### Pint-sized Ergonomics

- **Let's keep this simple: Adult furniture does not fit kids.**
  - Poorly set-up work and play environments can lead to MSI or discomfort in adults or children.
  - On the whole, adults and children continue to spend more and more time in front of computers and video game stations.
  - We want and need to ensure that our kids play safe.
- **Here are some simple tips to help:**
  - When setting up your child's computer, buy children's furniture OR furniture that has adjustable legs (example – IKEA table top and adjustable legs)  
[http://www.ikea.com/ms/en\\_CA/rooms\\_ideas/vika/index.html](http://www.ikea.com/ms/en_CA/rooms_ideas/vika/index.html).
  - Make sure the keyboard and mouse are on the same surface and at your child's elbow height.
  - Consider purchasing keyboards or trackballs that are kid-sized.  
<http://www.askergoworks.com/kids.aspx>
  - Purchase a height adjustable monitor and lower the monitor as much as possible.
  - Provide a chair that can adjust in height so that it will continue to fit them as they grow.
- **What can you do in the short term?**
  - Provide flat cushions for your kids to sit on so that their elbows are at the same height as the table.
  - Put pillows behind your kids back to push them forward and to support their back.
  - Provide your kids with a footrest (e.g. phone books, a box) so that they can sit with their back and feet supported.



**Shortcut Tip** Ctrl + Y, to Redo or Repeat formatting in Microsoft Applications