






DIGITAL LITERACY

Student's Worksheets: GRADE 9 - Lesson 2

Preventing health hazards when using ICT Equipment

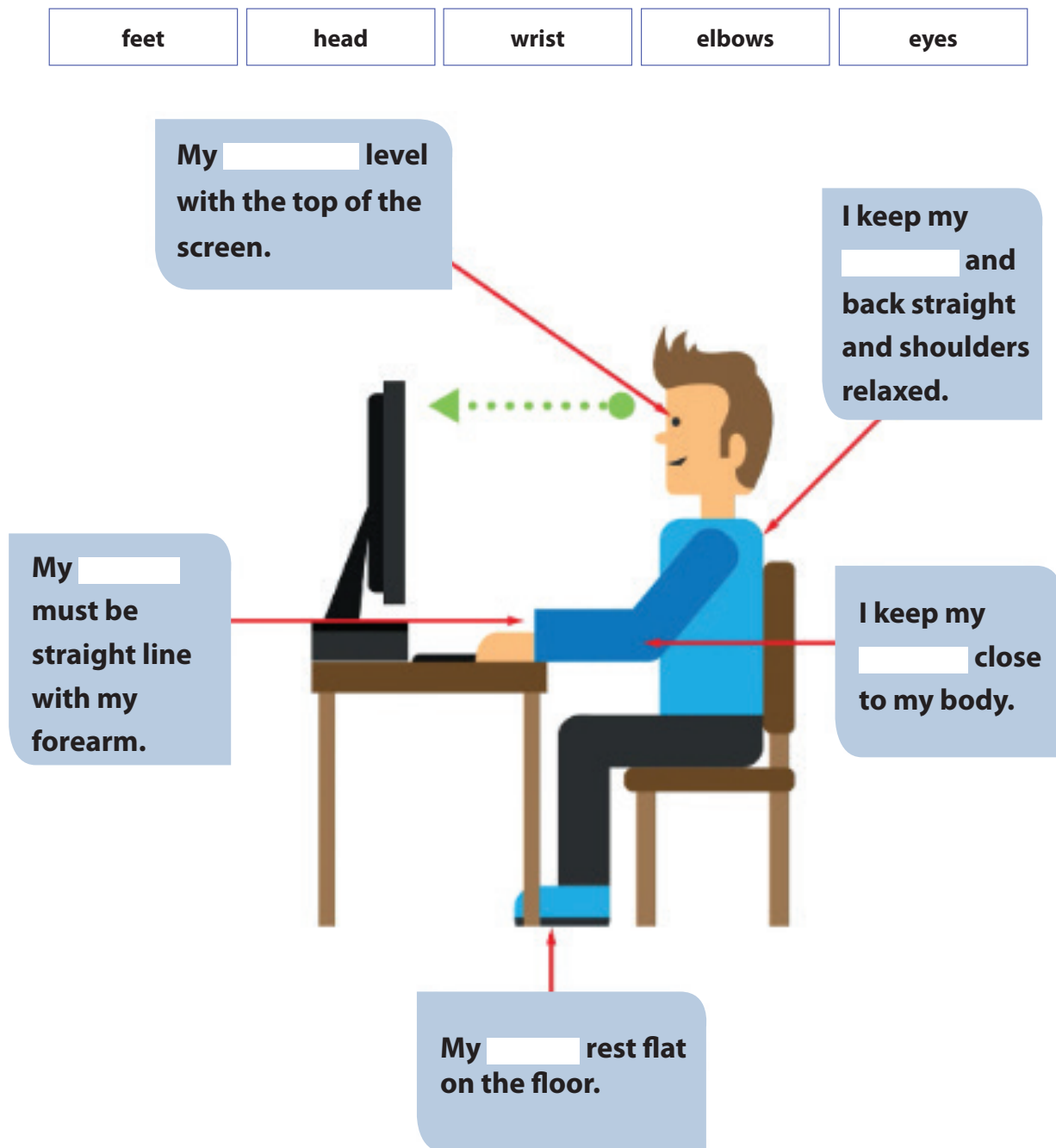
Activity 1

Health Hazard		Cause
1.		A. Repetitive hand movements without wrist support.
2.		B. Overuse of digital devices without breaks.
3.		C. Sitting for long periods without proper support.
4.		D. Incorrect monitor position and excessive screen time.
5.		E. Poor lighting or screen glare.

Answer grid

1	2	3	4	5
E				

Activity 2



Activity 3

Ergonomic Guidelines	Correct 	Not Correct 
Monitor at eye level 		
Back straight 		
Elbows at an angle of 90 degrees 		
Wrist straight and Level with keyboard 		
Feet flat on floor 		
Knees at an angle of 90 degrees 		