

Foundation Programme in Literacy, Numeracy and Skills

DIGITAL LITERACY GRADE 9 | Lesson 1 **Teacher's Guide**



Mauritius Institute of Education
under the aegis of



Ministry of Education &
Human Resource

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Health Hazards when using ICT

Core Competency: Use the computer system to perform various tasks

Element: Understand the health risks of prolonged ICT use, their preventive measures and uphold ethical standards in data privacy and security

Performance Criteria:

- Identify at least four health hazards caused by prolonged ICT use (headache, eye strain, back pain, repetitive strain injury (RSI))
- Suggest preventive measures to reduce risks
- Demonstrate correct posture and screen habits in a computer lab

Purpose of Activity:

To raise awareness among students about the health risks associated with the prolonged use of ICT equipment and encourage safe practices in ICT usage

Learning Outcomes:

By the end of this lesson, students should be able to:

- Identify health issues like eyestrain, back pain, headache, and repetitive strain injury (RSI)
- Suggest strategies to prevent these issues
- Demonstrate proper posture and ergonomic practices

Resources and Materials:

- Posters showing correct sitting posture
- Video clips or PowerPoint presentation on ergonomics
- Real classroom setup for practice
- Handout summarising health tips

Implementation Guidelines:

1. Begin with a class discussion using the following prompt: "How do you feel after using a computer / smartphone for a long time?" or "How do you feel after watching television for a long time".
2. Introduce common health hazards:
 - Eyestrain
 - Back and neck pain
 - Repetitive strain injury
 - Headache
 - Obesity (due to lack of movement)

3. Discuss causes and symptoms of each hazard.
4. Teach ergonomic practices:
 - Proper chair height
 - Screen distance
 - Take regular breaks
 - Eye exercise
 - Stretching
 - Eye position
5. Demonstration: Set up a correct workstation.
6. Students adjust their own posture and workspace accordingly.

Assessment:

- Activity 1: A diagram illustrating the proper sitting posture for computer use.
- Activity 2: Scenario-based questions suggesting solutions for common ICT related health issues.

Extension of Activity:

- Students create awareness posters for the school ICT lab.
- Teachers can use role-play to demonstrate *safe* versus *unsafe* computer habits.