

EDT 512

Computer Safety Tips: Simple Solutions to protect your Eyes, Hands, and Back

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1. Problem:

Teaching users how to protect themselves from the most common computer related health concerns: eyes, hands, and back issues, from prolonged use at the computer. This program will provide users with simple skills they can use to help protect themselves while using a computer.

2. Need: The need is a simple program that will remind users to protect themselves from the most common computer related injuries. This will be a simple program that if used correctly will help remind users what they can do to protect themselves from possible chronic health issues.

3. Audience:

The audience will be adults in a continuing education program. Anyone who uses a computer for general long term computer user with ergonomic concerns.

4. Objective:

After completing the program, the computer users will be aware of the top three computer safety concerns that they have control to prevent. The users will be able to protect their eyes, hands, and back from computer related injuries. The users will be able to help others to protect themselves too! Sharing the knowledge will be encouraged.

5. Content:

Safety for computer users: Any computer class or computer related workplace is required to have a safety component that should be taught every year and users should be able to share basic tips with their peers and families to help prevent injuries.

6. Instructional Strategies:

I will use the following instructional design strategies: computer based simulation, computer assisted instruction, and computer based training, to teach, review, and quiz that users have mastered the concepts in the computer safety tutorials.

7. Additional materials:

I have been searching online, in books to find the latest information on this topic, tripping hazards seem also to be on the rise from computer equipment cords.

8. Program Use:

The program will be used at the beginning of every year or class teach or refresh users on how to protect themselves from computer related injuries. After they participate in the computer based instruction the students will then be required to take complete the quiz.

9. Evaluation:

The students will complete a quiz at the completion of the program to see if they have mastered the material.

10. Appendix:

The following materials were used as reference and may be used for teaching resources:

25 Steps to Safe Computing, osha.gov, ergotrading.com, ergocise.com, wipeout44.com, flashframer.com, and brainpop.com.