

EDT 512

Computer Safety Tips:

Simple Solutions to protect your Eyes, Hands, and Back

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1. Problem:

As people now use computers at home, work, and for recreation, users are getting hurt as at an alarming rate, the most common computer related health concerns are eyes, hands, and back issues from prolonged computer use.

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 adult computer users, anyone who uses a computer who wishes to prevent injuries. The students will be men and women of all ages, from a wide variety of backgrounds and cultures, with computers as a common interest.

4. Objective:

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

5. Content:

The content of the program will include an eye stretch, hand/wrist stretch and a back stretch.

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 an online quiz at the completion of the program to see if they have mastered the material. They also will be required to research and share tips with the class on other preventive methods that they have found to prevent computer related injuries.

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.