



Digital Literacy I: Fundamentals

Unit 1 Computer Ergonomics

STUDY GUIDE

UNIT OUTLINE

Complete this Unit and you will be able to:

- Identify common ailments associated with repetitive computer use
- Describe causes, effects, and prevention of computer-related injuries
- Setup an ergonomic workstation for a notebook computer
- Exercise ergonomic body mechanics and posture while using a notebook computer

LEARNING OBJECTS

Study the learning objects outlined below and practice ergonomic computing by following along with your PC, peripherals, and workstation.

ERGONOMIC COMPUTING

1. Read “The Computer Ergonomics Handbook” by Techxperts Solutions
2. Watch <https://www.youtube.com/watch?v=bLBKUbnLYTs>
3. Complete Lab 1

UNIT EXAM

1. In preparation for the Exam, critically-think each topic in the Unit Outline:
 - a. Are you confident in your knowledge about each item?
 - b. Challenge yourself to summarize key points, concepts, or skills about each topic
 - c. Could you perform all lab procedures without using references?
2. Review the list of Additional Resources; study topics as needed
3. Take the Unit Exam (Closed Book)

ADDITIONAL RESOURCES

The following learning objects are optional, but may give further clarification on a topic if needed

1. Creating a Safe Workplace
<http://www.gcflearnfree.org/computerbasics/14.8>





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