

**Task Title: Watch Ergonomics Video and Complete Checklist**  
OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes  No

**Goal Path:** Employment  Apprenticeship

Secondary School  Post Secondary  Independence

**Task Description:**

In this task the learner will watch a video about ergonomics to complete a checklist based on their work environment.

**Main Competency/Task Group/Level Indicator:**

- Find and Use Information/Read continuous text/A1.1
- Find and Use Information/Extract info from films, broadcasts, and presentations/A3
- Communicate Ideas and Information/Complete and create documents/B3.1a
- Use Digital Technology/D.1

**Materials Required:**

- Pen/pencil and paper
- Computer or digital device
- Learning space (desk, chair, computer)

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## Learner Information

Having an ergonomically correct work and learning space is important for overall health.

Copy and paste or type the URL for “Ergonomics – Corporate Educational Video” into the web browser of the computer:

<http://www.youtube.com/watch?v=KC6nYJ0F6tU>

Have the Ergonomics Checklist and a pen or pencil beside the computer.

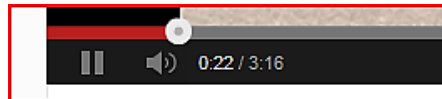
## Ergonomics Checklist

1. Check any of the health problems you experience while working at a desk and computer, either while at work, at home or in the classroom:
  - Headaches and/or migraines
  - Pain or soreness in wrists
  - Pain or soreness in neck
  - Pain or soreness in elbows
  - Pain or soreness in back
  - Irritability
  - Sore eyes
  - Blurred vision
  
2. Check that your chair is at the right height to
  - ensure your eyes are level to the screen and about 18 inches away from the monitor.
  - ensure your feet are able to be planted flat on the floor.
  - ensure your wrists rest comfortably at the level of the keyboard and your arm is at a 90-degree angle.
  
3. Is your mouse
  - at the same height as your keyboard?
  - next to your keyboard?
  - on a mouse pad with a gel wrist support?
  
4. If you use a phone regularly while working at your computer station
  - are you able to use both hands instead of cradling the phone between your head and your neck? or
  - do you have a headset to keep your hands free for typing?
  
5. Do you have lumbar support for your back
  - through built in support on your chair?
  - through a lumbar cushion used on your chair?
  
6. Make sure you move, stretch and do light exercises every 30-60 minutes.
  
7. Make sure you report any ongoing aches and pains to your supervisor or instructor.

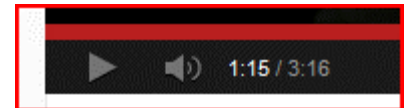
## Work Sheet

**Task 1: Begin watching the video. Press the pause button on the video screen at the 40 second mark, after the narrators have talked about health problems. Complete Number 1 on the Ergonomics Checklist. Once done, press the play button on the video screen.**

**Pause Button**



**Play Button**



Answer: No written response is required here. Answer should be recorded on the Ergonomics Checklist.

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**Task 2: Press the pause button on the video screen at the 1:50 minute mark, after the narrators have talked about chair and body positions. Complete Number 2 on the Ergonomics Checklist and make any changes you are able to your chair and desk space. Once done, press the play button on the video screen.**

Answer: No written response is required here. Answer should be recorded on the Ergonomics Checklist.

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**Task 3: Press the pause button on the video screen at the 2:15 minute mark, after the narrators have talked about the mouse and phone positions. Complete numbers 3 and 4 on the Ergonomics Checklist and make any changes you can to your mouse, mouse pad and phone. Once done, press the play button on the video screen.**

Answer: No written response is required here. Answer should be recorded on the Ergonomics Checklist.

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**Task 4: Press the pause button on the video screen at the 2:30 minute mark. Complete number 5 on the Ergonomics Checklist. Once done, press the play button on the video screen.**

Answer: No written response is required here. Answer should be recorded on the Ergonomics Checklist.

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**Task 5: Review your Ergonomics Checklist and highlight or circle any changes you need to make to your work space to make it a more safe and healthy environment.**

Answer: No written response is required here. Answer should be recorded on the Ergonomics Checklist.

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