

FIRST TERM

WEEKLY LESSON NOTES – B8

WEEK 8

Week Ending: 03-03-2023	DAY:	Subject: Computing
Duration: 60mins		Strand: Introduction To Computing
Class: B8	Class Size:	Sub Strand: Health & Safety in using ICT tools
Content Standard: B8.1.3.1. Demonstrate How to Apply Health and Safety measures in Using ICT Tools	Indicator: B8.1.3.1.2 Discuss safety measures in risk reduction at workstations	Lesson: 1 of 2
Performance Indicator: Learners can discuss health issues at workstations		Core Competencies: CC8.2: CP6.1
Reference: Computing Curriculum Pg. 27		
Activities For Learning & Assessment		
<p>Starter (5mins)</p> <p>Revise with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators and introduce the lesson.</p> <p>Main (35mins)</p> <p>Revise with learners on health issues associated with prolonged use of ICT tools.</p> <ul style="list-style-type: none"> • Backache and Waist Pain: <i>Sitting behind a computer for a long period of time can cause backache and waist pain.</i> • Eyes Problems: <i>Long exposure to television and monitor may affect your sight or vision. The light rays from the television and monitor can cause irritation in the eyes.</i> • Hearing Problems: <i>You can over work your eardrums by listening to loud music from ICT tools such as Public-Address System, speakers, and headphones etc., which may weaken your eardrums, induce ringing in your ears and eventually damage your hearing.</i> • Radiation Exposure: <i>Some ICT tools such as mobile phones are believed to be emitting radiation which is very harmful to our health. Long term exposure to scanning machines, ultra- sound equipment and others can kill some cells and cause cancer.</i> • Straining of the Body: <i>Using mobile phones for hours and typing on the Keyboard for a long time can lead to a strain in the fingers, wrists and the back of the hand. The neck, shoulder and the arms can also be affected by strain.</i> 		
Resources		
Pictures and videos		
Progression		
Discussing health issues at workstations.		

<p>Demonstrate the use of appropriate volumes when using speakers and earpieces.</p> <p>Demonstrate the use of screen protectors/spectacles to control the amount of light received by our eyes.</p> <p>Learners discuss the importance of using of screen protectors.</p> <p>Illustrate how not to overload electric sockets but use trailing multi-socket units rather than plug adapters.</p> <p><u>Assessment</u> What is a workstation? State and explain three features of a correct workstation setup. Why is it important to use screen protectors when using a workstation</p> <p>Reflection (10mins) Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p>		
<p>Homework/Project Work/Community Engagement Suggestions</p>		
<p>In groups, learners discuss the importance of taking regular breaks from bulk work</p>		
<p>Cross-Curriculum Links/Cross-Cutting Issues</p>		
<p>None</p>		

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Performance Indicator: Learners can discuss health issues at workstations		Core Competencies: CC8.2: CP6.1
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<p>Homework/Project Work/Community Engagement Suggestions</p>		
<p>Briefly explain how you will stretch the following parts of your body; i. arms ii. Torso iii. Legs and knees</p>		
<p>Cross-Curriculum Links/Cross-Cutting Issues</p>		
<p>None</p>		