

FIRST TERM

WEEKLY LESSON NOTES

WEEK 7

Week Ending: 17-11-2023		DAY:	Subject: Computing	
Duration: 60mins			Strand: Introduction To Computing	
Class: B9		Class Size:	Sub Strand: Health & Safety in the Use of ICT Tools	
Content Standard: B9.1.3.1. Demonstrate How to Apply Health and Safety Measures in the Use ICT Tools		Indicator: B9.1.3.1.1 Evaluate health issues at workstations		Lesson: 1 of 2
Performance Indicator: Learners can evaluate potential health issues associated with poorly designed workstations and recognize the benefits of ergonomic tools.			Core Competencies: Communication and Collaboration (CC), Digital Literacy (DL)	
New words	Ergonomics, Workstation, Health Issues, Posture			
Reference: Computing Curriculum Pg. 44				
Activities For Learning & Assessment			Resources	Progression
<p>Starter (5mins)</p> <p>Show learners pictures of both a poorly set up workstation and an ergonomically designed one.</p> <p>Ask them to identify what's wrong with the poorly set up workstation and what improvements the ergonomic one offers.</p> <p>Share performance indicators and introduce the lesson.</p> <p>Main (35mins)</p> <p>Engage learners in a discussion about potential health issues that can arise from using a poorly designed workstation. This might include back pain, eye strain, repetitive strain injuries, etc.</p> <p>Ask learners if they or someone they know has ever experienced discomfort or pain due to a poor workstation setup.</p> <p>Present the ergonomic tools, such as an ergonomic keyboard and paper stand.</p> <p>Discuss their design features and how they help in preventing health issues.</p> <p>If possible, have an actual ergonomic keyboard and paper stand for learners to examine and try out.</p>			Pictures and videos	Evaluating health issues at workstations



Let learners compare them to traditional tools and discuss their observations.

Divide learners into small groups. Each group is given a scenario of a person experiencing a health issue due to their workstation.

They should discuss and present what ergonomic changes or tools they would recommend to help alleviate the issue.

Assessment

1. What is ergonomics and why is it important for workstations?
2. Name two health issues that might arise from a poorly set up workstation.
3. How does an ergonomic keyboard differ from a regular one?
4. Why might someone use a paper stand at their workstation?

Reflection (10mins)

Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.

Take feedback from learners and summarize the lesson.

Homework/Project Work/Community Engagement Suggestions

- What is ergonomics and why is it important for workstations?
- Name two health issues that might arise from a poorly set up workstation.
- How does an ergonomic keyboard differ from a regular one?
- Why might someone use a paper stand at their workstation?

Cross-Curriculum Links/Cross-Cutting Issues

None

Potential Misconceptions/Learner Learning Difficulties

None

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Content Standard: B9.1.3.1. Demonstrate How to Apply Health and Safety Measures in the Use ICT Tools		Indicator: B9.1.3.1.1 Evaluate health issues at workstations
		Lesson: 2 of 2
Performance Indicator: Learners can evaluate the importance of proper lighting when working with computers and learn to set up an ideal lighting system to prevent eye strain and other health issues.		Core Competencies: Communication and Collaboration (CC), Digital Literacy (DL)
New words	Glare, Ambient Light, Eye Strain, Ergonomic Lighting	
Reference: Computing Curriculum Pg. 44		
Activities For Learning & Assessment	Resources	Progression
<p>Starter (5mins)</p> <p>Begin with a simple demonstration. In a dim room, turn on a bright lamp positioned directly in front of the computer screen, creating glare.</p> <p>Ask learners to observe and describe how comfortable it feels looking at the screen. This will provide a tactile understanding of bad lighting practices.</p> <p>Share performance indicators and introduce the lesson.</p> <p>Main (35mins)</p> <p>Discuss with learners the problems they observed from the starter activity. Introduce the term "eye strain" and explain other symptoms like headaches, dry eyes, etc.</p> <p>Highlight the long-term effects of working with poor lighting.</p> <p>Adjust the room's ambient light to a comfortable level. Position the computer monitor so that windows and other light sources are to the side, rather than in front or behind it.</p> <p>Introduce the concept of "task lighting." Demonstrate using a desk lamp that provides light to the workspace but doesn't create glare on the screen.</p> <p>Discuss the benefits of adjustable or dimmable lights and the advantage of using screen filters or monitor hoods in very bright environments.</p> <p>If available, set up multiple lighting scenarios in different parts of the room (e.g., a workstation near a window, one under a bright overhead light, one using only task lighting).</p>	<p>Pictures and videos</p>	<p>Evaluating health issues at workstations</p>

<p>Allow learners to rotate through these stations, observing which setup feels the most comfortable and why.</p> <p>Engage learners in a discussion on the benefits of natural light compared to artificial light. Emphasize the importance of breaks and looking away from the screen regularly, especially when working in non-ideal lighting conditions.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. Why is glare on a computer screen problematic? 2. How should a computer monitor be positioned relative to windows or bright light sources? 3. What is "task lighting," and why is it beneficial? 4. Why is natural light preferable when working on a computer? <p>Reflection (10mins)</p> <p>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>		
<ul style="list-style-type: none"> • Why is glare on a computer screen problematic? • How should a computer monitor be positioned relative to windows or bright light sources? • What is "task lighting," and why is it beneficial? • Why is natural light preferable when working on a computer? 		
<p>Cross-Curriculum Links/Cross-Cutting Issues</p>		
<p>None</p>		
<p>Potential Misconceptions/Learner Learning Difficulties</p>		
<p>None</p>		