FIRST TERM
WEEKLY LESSON NOTES
WEEK 8

Week Ending: 24-11-2023		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: 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
Starter (5mins) Begin with a simple demonstration. In a dim room, turn on a bright lamp positioned directly in front of the computer screen, creating glare. Ask learners to observe and describe how comfortable it feels looking at the screen. This will provide a tactile understanding of bad lighting practices. Share performance indicators and introduce the lesson. **Main (35mins)** 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. Highlight the long-term effects of working with poor lighting. 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. 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. Discuss the benefits of adjustable or dimmable lights and the advantage of using screen filters or monitor hoods in very bright environments.	Pictures and videos	Evaluating health issues at workstations

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). Allow learners to rotate through these stations, observing which setup feels the most comfortable and why. 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. Assessment 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? *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

- 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?

Cross-Curriculum Links/Cross-Cutting Issues

None

Potential Misconceptions/Learner Learning Difficulties

None

Week Ending: 24-11-2023		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: B9.1.3.1.2 Evaluate Safety Risk Reduction issues at workstations		Lesson: 1 of 2
Performance Indicator: Learners can assess safety risk reduction issues at workstations, focusing on heat generation by machines like computers and printers, and ways to reduce excess heat.			Core Competencies: Communication and Collaboration (CC), Digital Literacy (DL)	
New words	Safety risk reduction, Workstation, Heat generation, Excess heat			
Reference: Computing Curriculum Pg. 44				

Activities For Learning & Assessment	Resources	Progression
Starter (5mins) Begin with a real-world scenario: "Think about a time when you felt your computer or another electronic device was getting too hot. What did you do about it? Share your experiences." Encourage learners to discuss their encounters with hot electronic devices. Share performance indicators and introduce the lesson. **Main (35mins)** Explain the importance of identifying safety risk reduction issues at workstations, focusing on the potential dangers associated with excess heat generated by machines. Discuss the heat generated by common machines like computers, printers, and other electronic devices. Explain that excessive heat can not only cause discomfort but also pose risks to the machines and potentially lead to malfunctions or damage. Engage learners in a discussion about strategies to reduce excess heat from machines. Encourage them to brainstorm and share ideas like maintaining proper ventilation, avoiding overuse, and keeping machines clean and dust-free. Provide a practical activity where learners evaluate a workstation with electronic devices.	Pictures and videos	Evaluating health issues at workstations

Ask them to identify potential heat-related safety risks and suggest measures to mitigate them.

Assessment
1. Why is it important to address safety risk reduction issues at workstations?
2. How does excess heat from electronic devices impact both comfort and safety?
3. What are some strategies to reduce excess heat from machines at workstations?
4. In the hands-on assessment, identify and describe a potential heat-related safety risk at a workstation, and propose a measure to reduce this risk.

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

- Why is it important to address safety risk reduction issues at workstations?
- How does excess heat from electronic devices impact both comfort and safety?
- What are some strategies to reduce excess heat from machines at workstations?
- In the hands-on assessment, identify and describe a potential heat-related safety risk at a workstation, and propose a measure to reduce this risk.

Cross-Curriculum Links/Cross-Cutting Issues

None

Potential Misconceptions/Learner Learning Difficulties

None