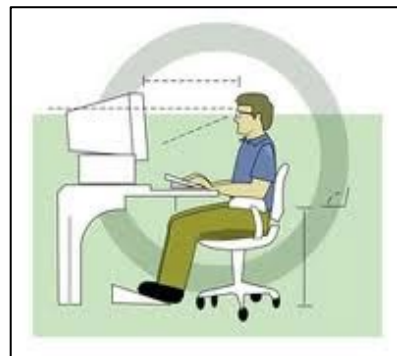


Health & Safety

We want you to enjoy your lessons online



Using a Computer

🍊 Keep drinks away from your computer and electrical equipment.

Accidents happen, so keep drinks somewhere they are unlikely to spill onto your device, plugs or cables.

🍊 Make sure you have enough space.

Try to keep the area around you clear so that you can move safely and get out of the room easily if you need to.

🍊 Watch out for cables.

Keep charging leads and extension cables somewhere they won't become a trip hazard. Never use damaged plugs, cables or electrical equipment.

🍊 Sit comfortably.

Try to sit with your back supported and your feet comfortably supported. Keep your screen, keyboard and mouse in a position that doesn't make you twist or stretch.

🍊 Give yourself room to move.

Keep the space underneath your desk clear so your legs aren't cramped.

🍊 Position your screen comfortably.

Your screen should be roughly in front of you and at a comfortable height and distance.

🍊 Avoid glare.

If light from a window or lamp is making your screen difficult to see, change the screen angle, close a blind or move position if you can.

🍊 Give your eyes a break.

Look away from your screen regularly and focus on something further away for a little while.

🍊 Move around between lessons.

Sitting in one position for a long time can become uncomfortable. Stand up, stretch and move around regularly when you can.

🍊 Tell someone if something isn't comfortable.

If your equipment, chair, screen or working space is causing you pain or making it difficult for you to learn, tell your parent/carer, teacher or another trusted adult

Remember

Everyone has different needs. **If you have a disability, medical condition or other need that means you require a different setup or additional support, please tell us.** We will work with you, your parent/carer and/or the organisation responsible for your placement to help make your online learning as safe and comfortable as possible.