

Ergonomics4Kids.com incorporating



PROTECTING CHILDREN FROM THE UNHEALTHY
USE OF TECHNOLOGY AND POOR POSTURE



Supported by



ERGONOMICS4KIDS: PROTECTING CHILDREN FROM THE UNHEALTHY USE OF TECHNOLOGY AND POOR POSTURE

When allowing and encouraging our children to use new technology we also put them at risk. Children are using computers, tablets and smartphones in ways that would not be acceptable for adults in the workplace. These activities pose serious threats to long-term health.

As technology has raced ahead, offering us lots of amazing devices that can do incredible things, our understanding of what their long-term use can do to our bodies has failed to keep pace. The worst problems stem from poor posture and the resulting strain from repetitive movements when using the devices over long periods of time.

'Smartphone thumb' and 'laptop neck' have replaced tennis elbow and carpal tunnel syndrome. Chronic back and neck pain – a shocking blight on people's lives – is now being seen among children of primary school age in increasing numbers. Most of these problems can be attributed to the careless use of technology, poor posture and some aspects of manual handling, such as carrying overloaded school bags.

The problem is more alarming in children because their bodies are still developing. Unless we do something right now, more and more children will grow up with the kind of discomfort and pain more prevalent in much older people.

How it works

Ergonomics4Kids is a suite of tools and resources available free-of-charge to help keep children and young people comfortable, healthy and safe when using technology. Ergonomics4Kids consists of an innovative e-learning program called Healthy Working MOVE, the MOVE Smartphone Apps, Teacher's Notes for use in class and Tip Sheets for Parents.

Ergonomics4Kids takes all the professional expertise of Cardinus, our partners (including pediatric physical therapists and ergonomists) and presents advice in ways that will appeal to young people.

Healthy Working MOVE

Healthy Working MOVE is an online e-learning course based on the award-winning program Healthy Working. This is the world's leading office ergonomics solution. It was developed through a unique partnership between Cardinus Risk Management and our international partners. The training protects hundreds of thousands of adults in the workplace all over the world.

There is a version of Healthy Working MOVE for primary school children, one for secondary and college and a third for students in universities. All three courses use language and presentation styles appropriate to the respective age groups.

The primary school version features the story of siblings Grace and Jack, and their friend Raj. The secondary, college and university versions are more grown up, presenting Healthy Working advice and exercises but swapping examples from the adult workplace with scenarios from the lives of young people.

Healthy Working MOVE uses appealing illustrations, designs and humour to ensure student engagement. At the end, children will be better informed about how their bodies can be affected by electronic devices and poor posture.



MOVE Smartphone Apps

MOVE4Kids and MOVE4Teens are age appropriate smartphone apps for primary, secondary, college and university students.

Taking influences from Healthy Working MOVE, the MOVE smartphone apps provide children and teenagers with valuable training on how to remain comfortable and avoid injury when using technology. Additionally the apps include video based stretching exercises to alleviate stiffness, strengthen bodies and encourage healthy movement during breaks from gadget use.

Information and guidance is encouraging and positive, helping them to get the most from their devices and enjoy all the benefits of the technology without the associated risks.

Parent Tips

These printable and downloadable tip sheets provide in-depth advice for parents to pass on to their children for different technology used at home and in class. These colourful and informative guides are available for Desktop computer use, games consoles, tablets & smartphones, laptops and the safe use of back packs.

Teachers Notes

To help our educators pass on good advice and oversee an ergonomically safe class environment for our children, Cardinus has produced a comprehensive teacher's guide. This easy to use document provides everything from background information on the body and when it comes under stress, through to the correct conditions for the healthy use of all the technology children are likely to come in to contact with.

Find out more

To find out how you can help protect children in your care with the Ergonomics4Kids suite of resources, contact Cardinus Risk Management or visit the website at www.Ergonomics4Kids.com.

Remember, all products in the Ergonomics4Kids range is offered completely free-of-charge.





Visit www.Ergonomics4Kids.com or call Cardinus Risk Management today on **0207 469 0200** for more details

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"Back and neck pain are a misery to many adults. We are delighted that Cardinus Risk Management is taking this initiative; aimed at younger people, which we hope will prevent them developing problems in the first place."

Teresa Budworth,
Chief Executive, NEBOSH



"The school children of today are the workforce of tomorrow. With the use of computers, smartphones and gaming machines children are being exposed at an early age to risks which seriously affect them into working life, and IIRSM encourages the initiative shown by Cardinus and HSL in developing this programme which can improve the wellbeing of young people both now and as they grow up."

Phillip Pearson,
Chief Executive IIRSM



"Ergonomics can play a significant role in helping youngsters better understand how technology might affect their health. The IEHF welcomes this very timely initiative by Cardinus which has involved professional ergonomists, to promote safer technology usage by school children. It is essential to highlight risks now to safeguard their health and wellbeing in the future."

David O'Neill,
Chief Executive, IEHF

