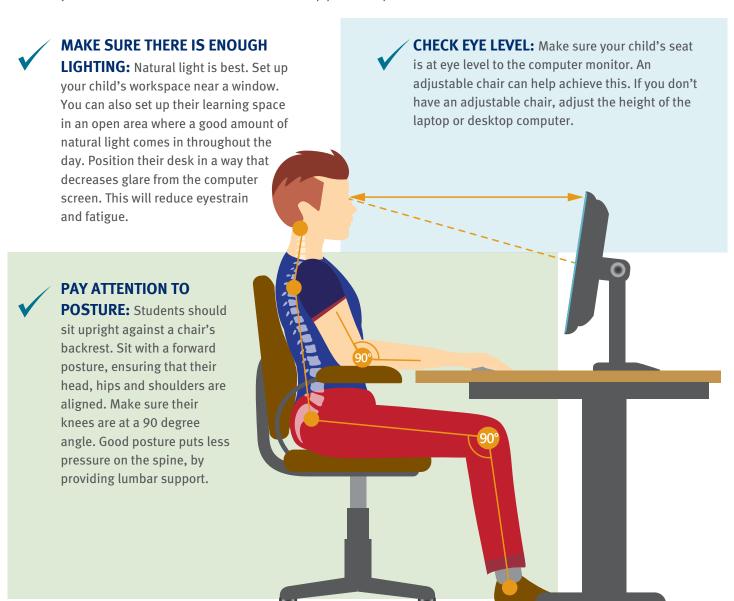
Ergonomic Tips for a Home School Environment

WHAT IS ERGONOMICS? Ergonomics is the applied science of how a person interacts with their environment. This applies to an employee at their office, or a student at their desk. Adopting ergonomic techniques can improve your child's educational environment and help prevent injuries.





TAKE BREAKS: Have your child take a break from their seated position. Ergonomic guidelines from Cornell University recommend that for every 30 minutes spent working, you should sit for 20 minutes, stand for eight minutes and move around for two minutes.

