CHILDREN'S WORKSPACE: QUICK TIPS

Many children are now completing schoolwork at an adult-sized desk or dining room table. Here are some tips for creating an ergonomic workspace for your child during the COVID-19 pandemic.

**Positioning: 90-90-90**
- Elbows, knees, and hips all bent to 90 degrees.
- Elbows at same height as table.

**Proper Posture**
- Sit up straight.
- Shoulders back and down.
- Arms supported by armrests if available.
- Adjust height of chair to achieve 90-90-90 position.

**Schedule Breaks**
- Every 30 minutes take a short standing break.
- Use a timer to create structure, routine, and predictability.

**Eye Care**
- After 20 minutes of screen time, look at an object 20 feet away for 20 seconds.
- Eyes in line with top of screen (raise screen with books or lower chair).
- Well-lit space without glare or shadows.

**Lower Back Supported**
- Back should touch backrest of chair.
- Place a pillow or rolled up towel behind lower back for added lumbar support.

**Mouse & Keyboard**
- Use external keyboard and mouse if possible.
- Place on the same surface, centred in front of body.
- Mouse should fit in the palm of child's hand.

**Space Behind Knees**
- 2-3 fingers between knees and edge of chair.
- If not enough space: place a pillow or rolled up towel behind back.
- If too much space: larger chair needed.

**Feet Supported**
- Feet flat on ground.
- Use books or a stool to support feet if needed.

**Proper ergonomics promotes:**
- Increased focus
- Decreased eye strain
- Improved handwriting
- Increased muscle strength and reduced pain
- Decreased risk of injury now and in the future

**Poor ergonomics may cause:**
- Adult back pain
- Fidgeting and rocking
- Fatigue and headaches
- Decreased quality of life
- Pain, discomfort and strain injuries

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