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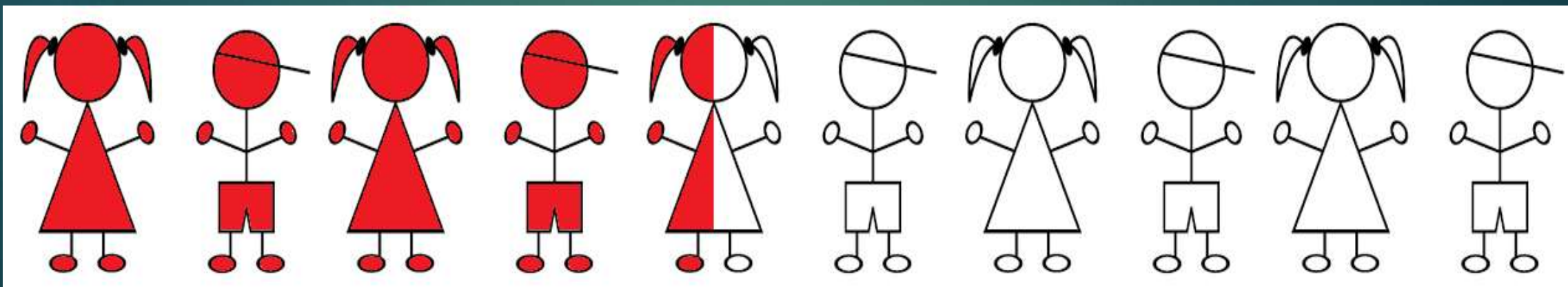


How many high school kids have shoulder
or neck pain from IT use?



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46%

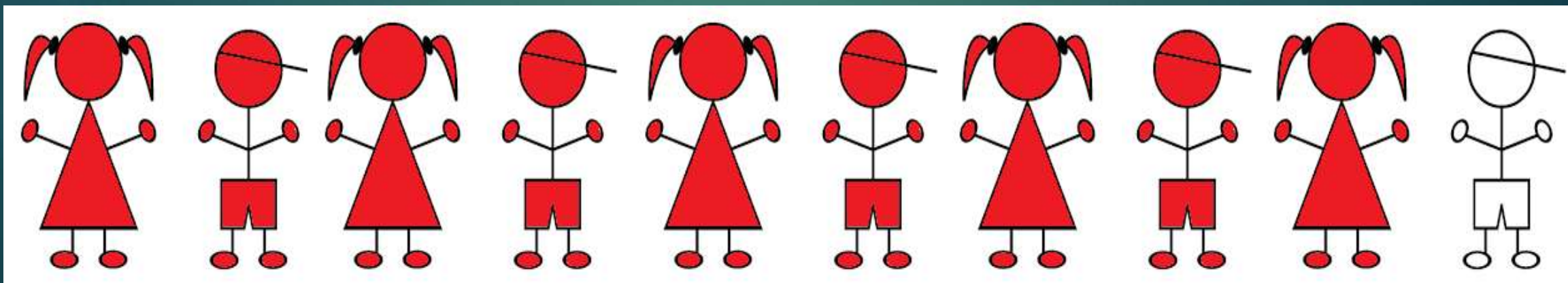


Straker L., O'Sullivan P., Kendall G., Sloan N., Pollock C., Smith A., Perry M. IT kids: exposure to computers and adolescents' neck posture and pain, (2006)



For kids who use the computer more than 3 hours per day:

90%





Why does computer use lead to physical problems for kids?



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- not doing other things, like running around outside
 - sitting for long periods
- bending their necks and backs forward



- no ergonomic training or furniture
 - their bodies are growing
 - IT can be very engaging
 - very repetitive activity



Is it a problem?



- younger kids are less likely to complain*
 - their bodies are growing and **more vulnerable**

* Jaidka G., Kant S., Goyal A., Kaushik A., Effects of texting on neck (2015)



- they have their working and leisure lives ahead of them and they'll be using IT a lot
 - they are forming habits for life



**Are laptops, notebooks or iPads the
solution?**



- they have to be carried
- kids tend to use them for longer periods



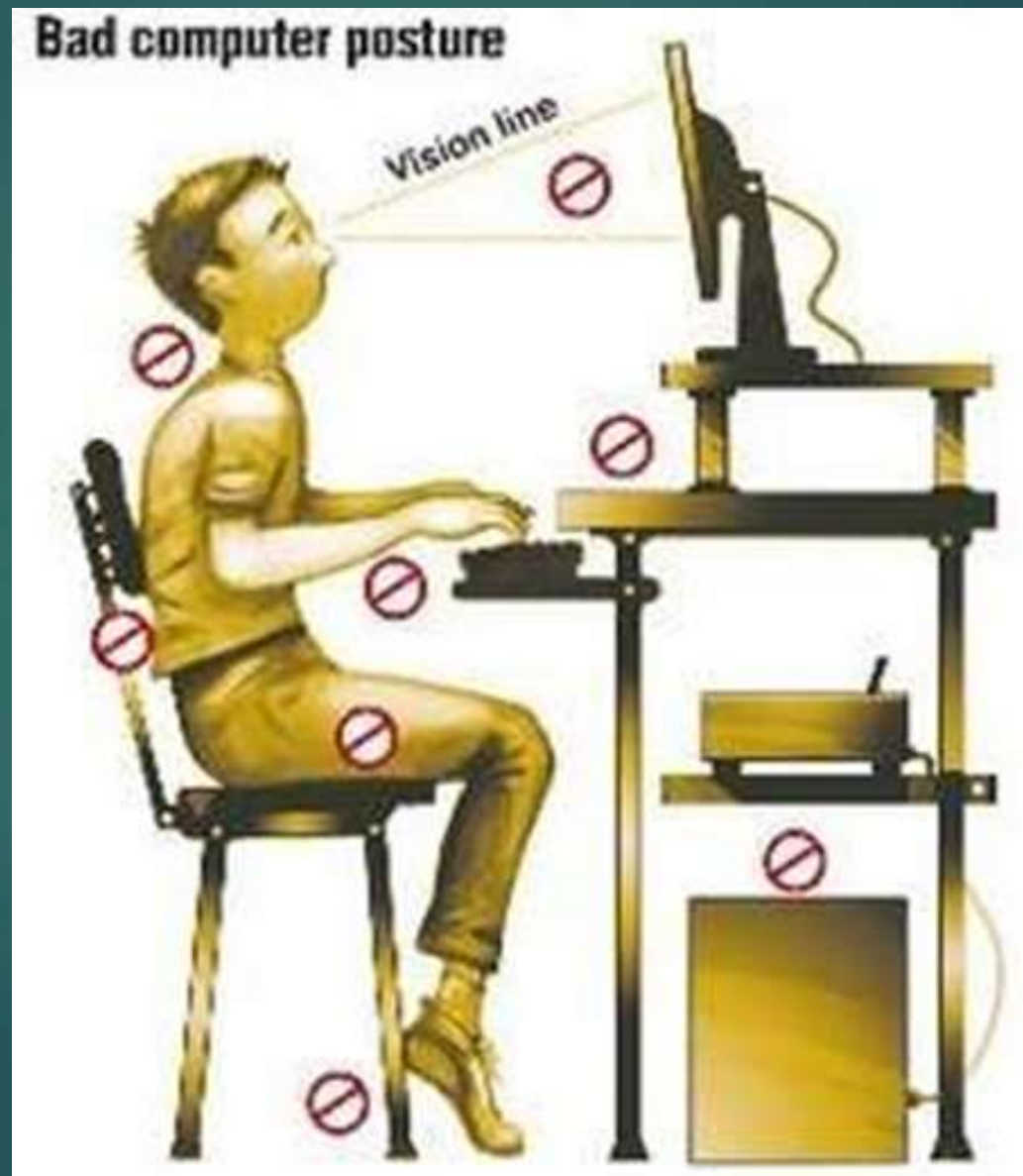
- they don't have adjustable keyboards, pointers or monitors
- they can be used anywhere



So what are some of the solutions?



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Good computer posture

Natural tilted position of the head, helps reduce tension in the back of the neck

Swing-up keyboard shelf is somewhere to rest the arms, and provides relaxation and sufficient distance from the screen

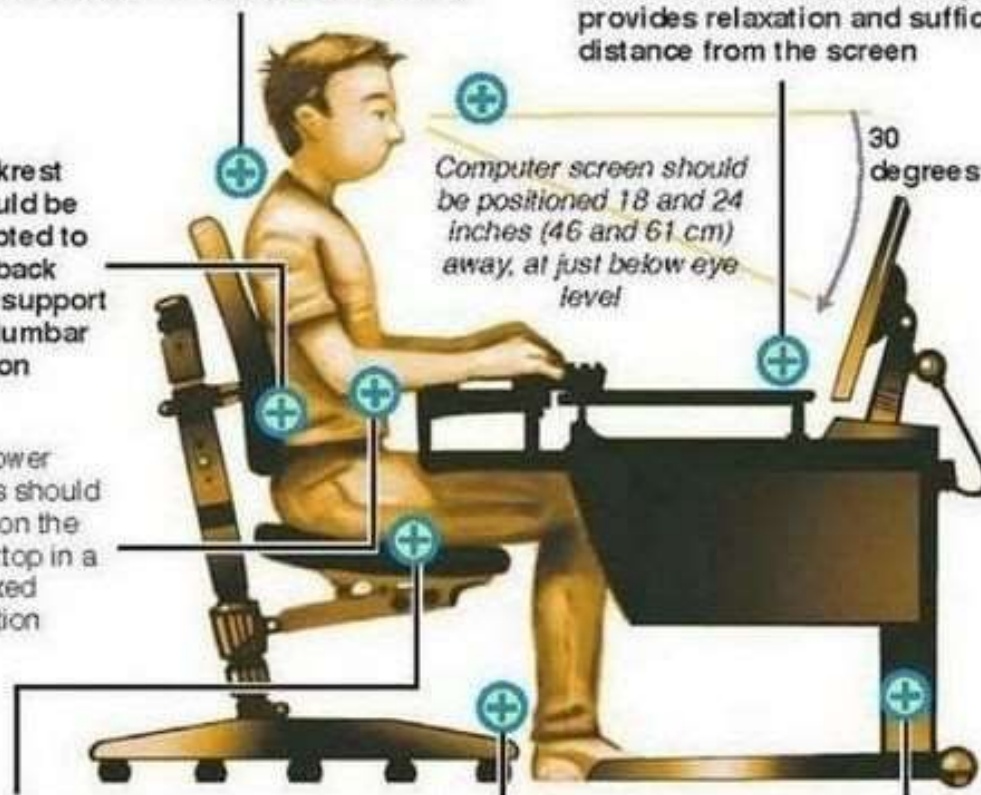
Backrest should be adapted to the back and support the lumbar region

1. Lower arms should rest on the desktop in a relaxed position

2. Seat should tilt forward by approximately two degrees; the seat depth should be positioned correctly: the thighs should not be in contact with the front edge of the seat

3. Lower leg should be vertical to the floor; the thigh horizontal

4. Desks and scholastic furniture should be height adjustable





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Resources



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http://www.hinchconsulting.com.au/Hinch_Consulting/e-kids_health.html

e-kids health

Home About Us e-kids health e-kids health tips research

Welcome to e-kids health!

e-kids health is a school-based ergonomic programme aimed at educating parents, teachers and children in good ergonomic practices.

Research indicates that as many as 60% of kids using laptops are experiencing pain. And concerns are being raised around children's long-term health due to poor postural habits when using technology. And we need to provide kids with the life skills to protect them into the future.

e-kids health was developed by a Sydney Physiotherapist/Ergonomist and concerned mother to support schools through educating children, teachers and parents in good ergonomic and postural principles. Engagement with children is through age appropriate story-based programmes based on their school year. The aim being to help children learn and develop good habits when using a variety of technologies, and to recognise and avoid poor postures.

Made on a Mac



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<https://www.youtube.com/watch?v=ZLwIP8cBaWA>

Laptop Ergonomics - Basic Tips - Adult or Child Laptop Use at Home, Work or School

Evidence-based guidelines for the wise use of computers by children: Physical development guidelines

Straker L. et al, 2010



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Thank you!

Any Questions?

Find us at www.rsi.org.au