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TWOP TIPS

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VISUAL HYGIENE

TIPS – ERGONOMICS

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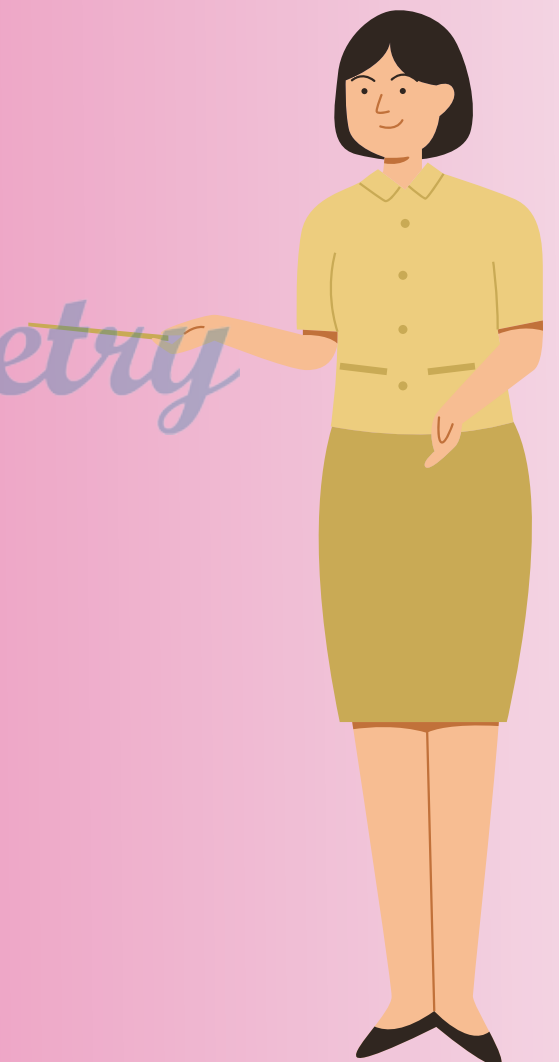
Ergonomics:



It is the ensemble of applied scientific knowledge that adapts work, systems, products and environments to the capacities and physical and mental limitations of people with reference from the International Ergonomics Association.

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“Ergonomics can be considered overall a multidisciplinary science that adapts the workspace, products, systems and artificial environments to the needs, limitations and physical and mental characteristics of the users by optimising efficiency, security and well-being”



TIPS



The correct position of children while reading, studying, or writing:

The correct positioning of children while reading or writing is important to maintain comfort and avoid being easily fatigued during these tasks.



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Environment:

- Rooms must be well ventilated.
- Comfortable temperature so children can work.

Furniture: It should be tailored specifically for children.

- Adjustable chair allows children to sit properly in front of the table.



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Furniture: It should be tailored specifically for children.

- Tables must be located, if possible: in front of a window or in an open space.
- It is advised to use surfaces with 20° of inclination.
- Use a lectern or bookrest so the corporal posture is more relaxed.



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Posture: A good posture will help to avoid fatigue.

- The feet must rest flat on the floor.
- The knees must be bent at the right angle.
- The child's back must touch the back of the chair.

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Correct Working Position

Lighting: It is especially important in the study space.

- The room must be illuminated with good, natural light if possible.
- In the study area, direct light is needed towards the working area.
- If children are right-handed : the lamp should be placed to the left.
- If children are left-handed, the lamp should be to the right.



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Incorrect Lighting for reading

Working Distance:

- It is between 35 and 40 cm. However factors such as size and age play a role to determine the child's suitable working distance.
- Not advisable to work at a table that is too high or too close to the paper.
- Papers must not be turned to one side and should be aligned with sight as much as possible.
- Moving of the head while reading should be prevented. Instead, only the eyes should move across the reading material.



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Correct Reading Distance



Breaks:

- For every hour studying, a 5-minute break should be applied so both body and mind can keep working in the best possible conditions.
- Children should get up and go for a walk around the house and hydrate adequately..

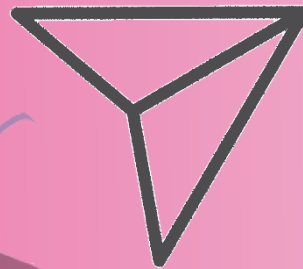
While doing a prolonged near vision task, for approximately every 20 minutes, children raise their head and look to an open and natural space for rest. This is a general 20-20-20 rule to eliminate vision fatigue.



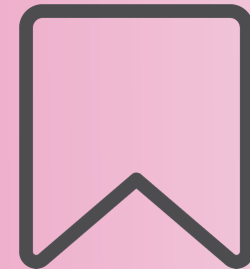
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