EaD Comprehensive Lesson Plans

BASIC 9

WEEKLY LESSON PLAN – WEEK 6

Strand:	Introduction to Computing		Sub-Strand:	Health and Safety in the use of ICT tools
Content Standard:	B9.1.3.1. Demonstrate How to Apply Health and Safety Measures in the Use ICT Tools			
Indicator (s)	B9.1.3.1.1 Evaluate health issues at workstations.		**Performance Indicator**; Learners can use a Computer Workstation.	
Week Ending	18-10-2024			
Class	B.S.9	Class Size:		Duration:
Subject	Computing			
Reference	Computing Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.			
Teaching / Learning Resources	Ergonomic keyboard and Paper stand, Video and Pictures showing how to prevent health hazards with regards		**Core Competencies:**	• Communication and Collaboration. • Critical Thinking and Problem Solving. • Creativity and Innovation.

DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN	PHASE 3: REFLECTION
MONDAY	Discuss with the Learners on some keywords and terminologies in the lesson. **Terminologies;** o Ergonomics o Workstations o Hazard o Exposure o Precaution o Safety o Radiation	1. Assist Learners to explain the meaning of Computer Workstation. 2. Show Learners pictures and video displaying Workstations. 3. Learners brainstorm to describe the proper ways of using Computer Workstations. 4. Assist Learners to identify 5 importance of using Computer Workstations. **Workstation;** A workstation is a special computer designed for technical or scientific applications. Workstation is intended primarily to be used by a single user, they are commonly connected to a local area network and run multi-user operating systems. The term workstation has been used loosely to refer to everything from a mainframe computer terminal to a PC connected to a network, but the most common form refers to the class of hardware offered by several current and defunct companies such as Sun Microsystems, Silicon Graphics, Apollo Computer, DEC, HP, NeXT, and IBM which powered the 3D computer graphics revolution of the late 1990s.	Reflect on the proper ways of using Computer Workstations. **Exercise;** 1. What is a Workstation? 2. State 5 importance of using Computer Workstation.

FRIDAY	Through questions and answers, review Learners knowledge on the previous lesson.	1. Learners brainstorm to identify examples of ergonomic tools. 2. Discuss the use of ergonomic tools such as ergonomic keyboard and paper stand with the Learners. 3. Demonstrate the appropriateness of the lighting system while working with the computer. 4. Assist Learners to state the importance of using ergonomic tools. **Ergonomics;** Ergonomics (or human factors) is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance. The word ergonomics comes from the Greek word	Assist Learners to practice using ergonomic tools in the classroom. **Exercise;** 1. What is Ergonomics? 2. Write 3 ergonomic tools. 3. State 5 importance of ergonomic tools.

| | | "ergon" which means work and "nomos" which means laws. It's essentially the "laws of work" or "science of work". Good **ergonomic design** removes incompatibilities between the work and the worker and creates the optimal work environment.

Benefits of Ergonomics

1. Lower costs
2. Higher productivity
3. Better product quality
4. Improved employee engagement
5. Better safety culture | |

Name of Teacher: **School:**   **District:**