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Subject : ICT		of Education, Sabaragamauwa Province/ V va Province/ Weekly School Department School Department of Education, Sa		Week : 01 <sup>st</sup> week(May)	
Grade 6	va Province	epartment of Education, Sabangan baragamuwa Province/Weekly Sci e/Weekly School Department o epartment of Education, Sabangan	Prepared ; A	.G.A.M Arkgoda (Nagar	agiri M.V)

## Correct posture of computer use



It is a common occurrence to have various health problems due to not maintaining proper posture while working with the computer. Many illnesses are caused by poor posture. So we need to practice habits from an early age to maintain the correct posture.

## 1. Join.

Column A	Column B Problems with not maintaining the correct posture		
Correct posture to use when using a computer			
<ul> <li>Keep the computer screen at or slightly below eye level</li> </ul>	• Discomfort in the feet		
<ul> <li>Keep the keyboard and mouse straight at the elbows</li> </ul>	• Eye pain		
<ul> <li>Sit with your back straight and leaning back in your chair</li> </ul>	• Pain in the shoulder from head to toe		
<ul> <li>Keeping the feet perpendicular to the ground</li> </ul>	Back pain		

2. Write down two things you can do to avoid eye strain when using a computer.