



Hint: Do a sample layout before you paste or write anything so that you are sure the poster will be attractive. Try to maximize all the space on your poster.

Website Resources

The following are links to pages that deal with ergonomics and the prevention of RSI (Repetitive Stress Injuries). You may also use websites that are not below.

<http://www.ccohs.ca/oshanswers/ergonomics/office/> The Canadian Centre for Occupational Health and Safety Resources Site.

<http://www.osha.gov/SLTC/etools/computerworkstations/> This eTool illustrates simple, inexpensive principles that will help you create a safe and comfortable computer workstation.

<http://www.ergonomics.ucla.edu/> UCLA offers ergonomic information including general workplace ergonomics, computer ergonomics, and body mechanics

http://www.ergonomics.com.au/pages/400_useful_info/420_how_to_sit.htm Provides a “how to” checklist for proper computer ergonomics.

<http://www.uhs.berkeley.edu/FacStaff/Ergonomics/> UC Berkeley’s Campus Health & Safety Guidelines for Computer users, including a checklist for choosing a chair that fits.

<http://ehs.virginia.edu/ehs/ehs.ergo/ergo.html> “One size does not fit all”!!!! is the motto of this University of VA Environmental Health & Safety web site.

<https://stuff.mit.edu/afs/athena/project/atic/www.saved/disabilities/rsi/index.html> MIT’s RSI information page. “Repetitive Stress Injuries, Are you at Risk?” Detailed information on what RSI is, who is at risk, how to prevent it, warning signs and links to online resources.

<http://ergo.human.cornell.edu/ergoguide.html> Ergonomic Guidelines for arranging a Computer Workstation – 10 tips for users.

<http://www.office-ergo.com/> This site has good information on prevention of Repetitive Stress Injuries.

<http://www.publicspace.net/MacBreakZ/> This shareware application for the Macintosh (including OS X) and Windows helps enforce good working habits by monitoring user activity and suggesting times for breaks. It also includes stretching exercises and tips on ergonomic use of your computer.

<http://www.mydailyyoga.com/> This web site offers examples of exercises you can do at your desk to minimize the risk of developing Repetitive Stress Injuries.

ERGONOMICS ASSIGNMENT EVALUATION

Name: _____

Date: _____

Criteria	Level 0			Level 1			Level 2			Level 3			Level 4				
	R2	R1	R	1-	1	1+	2-	2	2+	3-	3	3+	4-	4	4+	4++	100
	20	35	49	50	55	59	60	65	69	70	75	79	80	85	90	95	100
KNOWLEDGE & UNDERSTANDING							<ul style="list-style-type: none"> ● Knowledge of facts & terms ● Understanding of concepts, principles & theories ● Understanding of relationships between concepts. 										
Descriptions of workstations are highly detailed, & student understands the key concepts relating to ergonomics.	Student is unable to related ergonomic concepts to assignment.		Student has limited understanding of ergonomic concepts.		Demonstrates some understanding of ergonomic concepts.			Demonstrates solid understanding of ergonomic concepts.			Demonstrates exceptional understanding of ergonomic concepts.					/10	
THINKING & INQUIRY							<ul style="list-style-type: none"> ● Creative and critical thinking skills ● Inquiry skills (planning, analyzing, interpreting, assessing, forming conclusions) 										
Explanations are thorough & concrete, & facts from class presented & discussed.	No demonstrated ability to analyze, plan or support recommendations.		Explanations are not thorough, and there is little degree of insight.		Explanations are somewhat thorough, with some degree of insight.			Explanations are thorough, with a good degree of insight.			Explanations are thorough, with an exceptional level of thoroughness & insight.					/10	
COMMUNICATION							<ul style="list-style-type: none"> ● Communication of information & ideas ● Communication for different audiences & purposes in various forms. 										
Grammar, spelling & punctuation are all highly accurate.	Several grammar, spelling & punctuation errors.		Several grammar, spelling & punctuation errors.		Grammar, spelling & punctuation are fairly accurate.			Grammar, spelling & punctuation are accurate.			Grammar, spelling and punctuation are highly accurate.					/5	
Poster is visually attractive & contains all relevant information.	Poster is missing a great deal of relevant information.		Poster is missing a great deal of relevant info.		Poster is missing some relevant info.			Poster is colourful & visually attractive with most of the relevant info.			Poster is colourful & visually attractive with a high amount of relevancy & explanation.					/10	

K: /10	T: /10	C: /15
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