Health and Safety Best Practices for Digital Devices in the Classroom
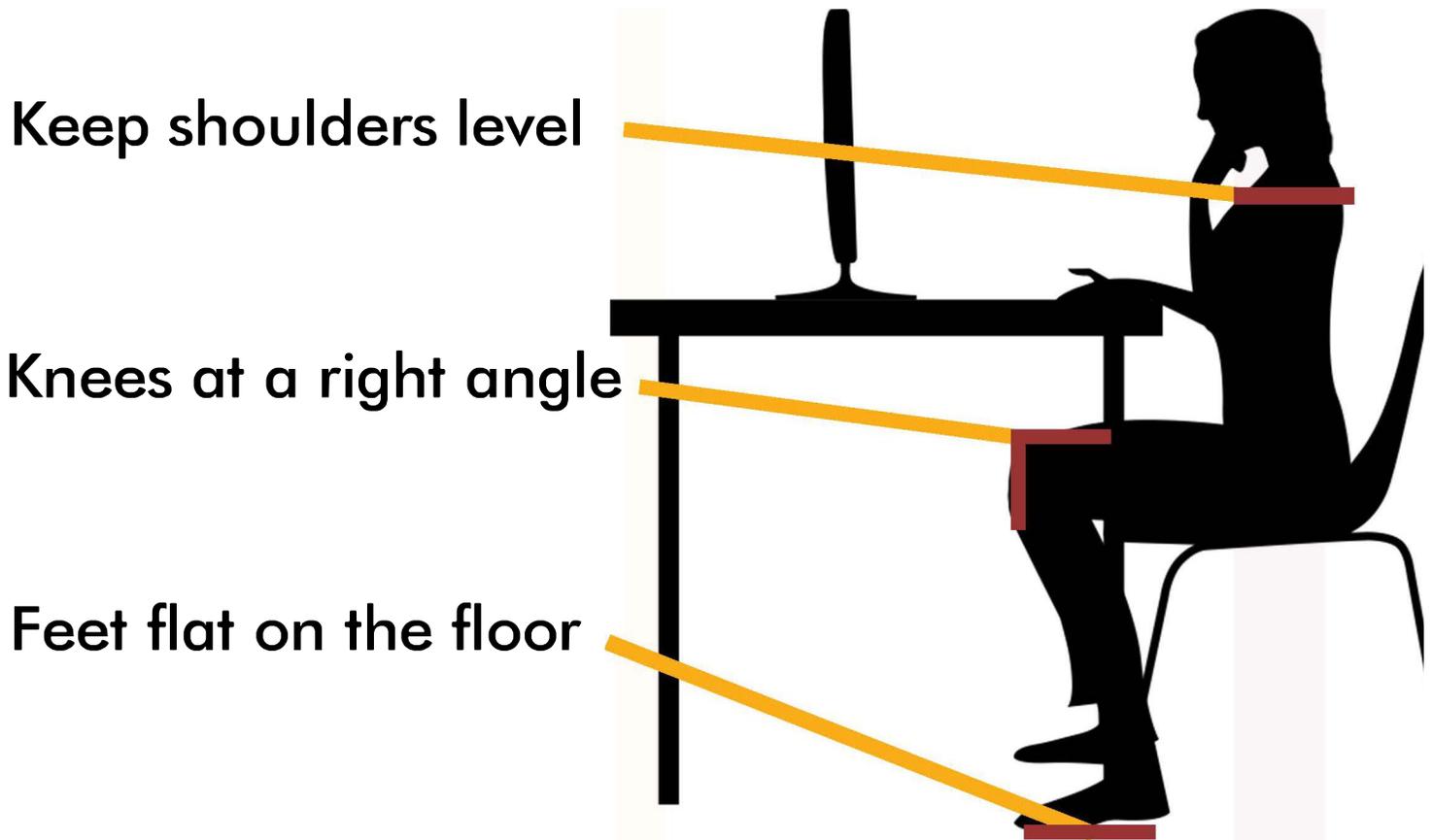
Be aware of proper positioning when using devices.

Keep shoulders level

Knees at a right angle

Feet flat on the floor

Students should:

- Use devices seated upright.
- Maintain appropriate distance from the screen.
- Keep monitors at or near eye level.