



## A JOLLY BACK IS A HEALTHY BACK

### Healthy Working MOVE – Healthy Technology Use for Children in Schools and at Home

We are all aware of the increased speed of technology change and proliferation in society, including schools. Desktop PCs have evolved into laptops, tablets, smartphones and smart watches. These technologies are available to all including children and increasingly used in education.

While their bodies are still developing and more prone to injury, our children need to be supported more, so they are better protected now and can develop healthier habits for their future.

While technology races ahead with ever more exciting, innovative devices that are able to do amazing things, application of the research concerning how to use technology comfortably and safely has not kept up. This remains a challenge for us today.

Would you like to know more about technology and the effect on your children's health?  
Would you like to encourage kids to move more & sit less?

Follow the links below for FREE online resources which help inform our children (parents, carers and teachers) about the unhealthy use of technology and the effects of poor posture.

The aim of the Healthy Working MOVE initiative for Kids and Teens is to provide resources that will help our students work safely and healthily and to make the most of the opportunities offered by their favourite technologies.

We're proud to have worked with one of the world's leading providers of ergonomics solutions, Cardinus Risk Management (partnered with the Health & Safety Laboratory -an agency of the Health and Safety Executive) to help develop, what we passionately feel, should be a initiative embraced and shared by all schools.

For more information see: <http://ergonomics4kids.com/>

To access the Online e-learning: <https://www.healthyworking.com/move/>

Download the [Healthy Working MOVE schools brochure](#) and share with others

Supporting advice sheets for students, parents, carers and teachers can be found following the links below:

- [Tips for Desktop](#)
- [Tips for Laptop](#)
- [Tips for School bags](#)
- [Tips for tablets/smartphone](#)
- [Tips for Games Consoles](#)