

WEEKLY LESSON PLAN – B7

WEEK 7

Strand : Introduction to computing	Class : B7		
Sub Strand : Health and Safety in using ICT tools	Duration : 50mins		
Content Standard : B7.1.3.1. Demonstrate how to apply Health and Safety measures in using ICT Tools	Date :		
Indicators : B7.1.3.1.1 Describe health measures and current regulatory requirements and potential computing-related disorders	Day :		
Key words : typing, injuries, posture			
Activities For Learning & Assessment			
	Equipment/Resources	Learners Resource Page Ref.	Progression
<p>Starter (5 mins)</p> <p>Recap with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators and introduce the lesson.</p> <p>Main (35 mins)</p> <p>Let learners mention some examples of ICT tools used at home.</p> <p>Engage learners to discuss the uses of the ICT tools identified.</p> <p>Put learners in groups to brainstorm and discuss the possible health hazards associated with long term exposure to the use of ICT tools.</p> <p>Engage learners to watch videos on the health hazards of prolonged use of computing devices or show pictures of bad body postures and other hazards in using computing devices. e.g. <i>hearing impairment from loud Public Address (PA) Systems, vision impairment from the monitor, repetitive strain injury, Carpal tunnel syndrome, computer vision syndrome, etc.</i></p>	Set of computer, Video /pictures, wall chart		<p>1. Identifying the possible health hazards of prolonged use of computing devices.</p> <p>2. Understanding the preventive measures to offset the health and safety risks.</p>

Guide learners to discuss the risk involved in receiving a call while the mobile phone is on charge.

Guide learners to identify the health hazards associated with each ICT device.



- Television – affects vision
- Computer – affects vision, back ache, wrist pain.
- Mobile phone – radiation which can cause cancer, loud ring tones can damage hearing.
- Radio – high volume damages hearing
- Public address system – high volumes damages hearing.

Brainstorm learners to provide preventive measures regarding the stated health and safety risks.

Reflection (10 mins)

Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.

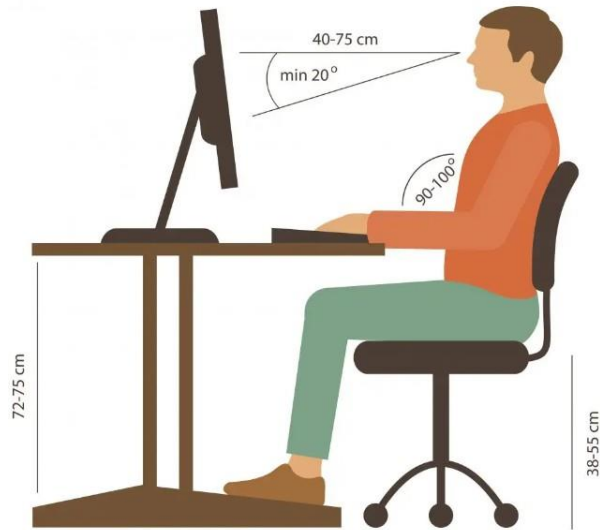
Take feedback from learners and summarize the lesson.

Homework/Project Work/Community Engagement Suggestions

- Identify any five ICT tools you know.
- Explain the prolong health hazard associated with the tools identified above.

Cross-Curriculum Links/Cross-Cutting Issues
Potential Misconceptions/Student Learning Difficulties
<ul style="list-style-type: none">• Learners may not consider bad postures as health hazards

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Indicators : B7.1.3.1.2 Describe Safety measures in using ICT tools	Day :		
Key words : typing, injuries, posture			
Activities For Learning & Assessment	Equipment/Resources	Learners Resource Page Ref.	Progression
<p>Starter (5 mins)</p> <p>Recap with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators and introduce the lesson.</p> <p>Main (35 mins)</p> <p>Revise with learners on the possible health hazards associated with long term exposure to the use of ICT tools.</p> <p>Guide learners to discuss the safety precautions for the use of ICT tools. i.e. holding mouse, typing, looking at the computer screen, etc. and the risk of injuries to one's neck, back, eyes, etc.</p> <p>Demonstrate to learners, the correct body posture for working with a personal computer and let learners practice correct posture.</p>	Set of computer, Video /pictures, wall chart		<p>1. Identifying the possible health hazards of prolonged use of computing devices.</p> <p>2. Understanding the preventive measures to offset the health and safety risks.</p>



Guide learners to discuss the danger of spilling liquids on a computer device or on the electronic circuit.

Let learners discuss tripping over power cables and touching the negative and positive terminals of electrical wires

Reflection (10 mins)

Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.

Take feedback from learners and summarize the lesson.

Homework/Project Work/Community Engagement Suggestions

- Learners should complete a group-based project, listing any five (5) health and safety issues associated with the use of technology tools and suggest preventive measures to combat each.

Cross-Curriculum Links/Cross-Cutting Issues

Potential Misconceptions/Student Learning Difficulties

- Learners may not consider bad postures as health hazards

