

## Topic: Threat and health

### Activity

|                         |  |
|-------------------------|--|
| <b>Goal/Aim</b>         | The activity will allow to learn / consolidate knowledge about physical threats and ways to counteract these threats, based on a discussion of the participants' experiences and examples that they encountered.   |
| <b>Duration</b>         | approximately 30 minutes   |
| <b>Objectives</b>       | To acquire / systematize knowledge about physical threats related to the use of ICT in everyday life   |
| <b>Needed materials</b> | Phone / tablet / computer with Internet access, cards, markers   |
| <b>Instructions</b>     | <ul style="list-style-type: none"><li>– Give the participants cards according to the following pattern (example table for the exercise) and ask them to be completed in accordance with the instructions provided; participants can be joined in pairs or small groups (up to 10 minutes)</li><li>– On the basis of the supplemented exercises, build a mind map about the threats to physical health related to the use of ICT and good practices that will allow you to counteract these threats.</li></ul> <p>Issues supporting the creation of a mind map, the concept of physical threats::</p> <ul style="list-style-type: none"><li>– eye problems - CVS (Computer Vision Syndrome), SICCA syndrome (dry eye syndrome), syndromes indicating these diseases</li><li>– illnesses resulting from repetitive movements (carpal tunnel syndrome, player's thumb)</li><li>– ailments of the skeletal system: pain, numbness, paresis, degeneration (back, neck, forearms, thighs, buttocks).</li></ul> |

## Sample table for the activity

Complete the table on the physical risks associated with the use of ICT in everyday life

| Type / group of threats<br>physical health | Consequences | Suggestions for exercises /<br>countermeasures |
|--|--------------|--|
|  |              |  |
|  |              |  |
|  |              |  |
|  |              |  |
|  |              |  |
|  |              |  |
|  |              |  |