WEEKLY LESSON PLAN – B7

WEEK 8

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: B7.1.3.1.3 Demonstrate how to apply Health and Safety measures in Using ICT Tools	**Day** :
Key words: typing, injuries, posture	

Activities For Learning & Assessment	Equipment/Resources	Learners Resource Page Ref.	Progression
Starter (5 mins) Recap with learners to review their understanding in the previous lesson. Share performance indicators and introduce the lesson. **_Main (35 mins)_** Revise with learners on the possible health hazards associated with long term exposure to the use of ICT tools. 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. Get learners to demonstrate how to apply Health and Safety measures in using ICT Tools. 1. Phone	Set of computer, Video /pictures, wall chart	Page 7	1. Identifying the possible health hazards of prolonged use of computing devices. 2. Understanding the preventive measures to offset the health and safety risks.

- Do not answer or receive calls when charging a mobile phone. - Avoid long conversation - Use headsets or speaker out option - Keep mobile devices away from your body when sleeping - Turn Off cellular data and Wi-Fi when not in use, etc. 2. Avoid plugging ICT tools in damaged sockets 3. Do not overload socket. 4. Ensure a good body posture when using ICT tools 5. Take regular breaks when working with ICT devices . 6. Position your body correctly when using the computer 7. Television - keep lights on when watching television. - do not sit close to your television set. Learners in turns or groups demonstrate how to apply Health and Safety measures in using ICT Tools. *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

- In groups of five (5), enumerate the possible health hazards of prolonged use of computing devices.
- Suggest five (5) preventive measures to reduce health and safety risks associated with the use of computers

Cross-Curriculum Links/Cross-Cutting Issues

Potential Misconceptions/Student Learning Difficulties

- Learners may not consider bad postures as health hazards

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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: B7.1.3.1.4 Explore safety measures at workstations	Day :
Key words:7	

Activities For Learning & Assessment	Equipment/Resources	Learners Resource Page Ref.	Progression
Starter (5 mins) Recap with learners to review their understanding in the previous lesson. Share performance indicators and introduce the lesson. **Main (35 mins)** Guide learners to identify measures that will help to eliminate workstation hazards and where they cannot be eliminated, In groups, learners discuss how to minimize the risk. (e.g. evaluating display screen, adjusting the chair for comfort, avoiding potential slips and falls, re- positioning of devices, etc.) **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.	Set of computer, Video /pictures, wall chart		1. Identifying the possible health hazards of prolonged use of computing devices. 2. Understanding the preventive measures to offset the health and safety risks.
Homework/Project Work/Community Engagement Suggestions			

Cross-Curriculum Links/Cross-Cutting Issues
Potential Misconceptions/Student Learning Difficulties