Workstation set-up

<table>
<thead>
<tr>
<th>Ergonomics</th>
<th>Musculoskeletal pain.</th>
<th>Correct workstation set-up.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrical</td>
<td>Shock/fire</td>
<td>Check electrical equipment in good condition before use. Portable electrical equipment tested and tagged.</td>
</tr>
</tbody>
</table>

Top of monitor at eye-height

Monitor tilt

Monitor arm distance away

Elbow at 90º angle

Adjust seat back for lumbar support

Personal Protective Equipment

Gloves, gowns and eye protection are not required in room 106 computer practicals. PPE may be required, and advised beforehand, for guest lecturer practicals or external laboratory visits.

Emergency Procedures

In the event of an alarm, follow the instructions of the demonstrator. The initial sound is advising you to prepare for evacuation and during this time start packing up your things. The second sound gives instruction to leave, do not use the lifts. The Wallace Wurth assembly point is the lawn in front of the Chancellery. In the event of an injury, inform the demonstrator. First aiders and contact details are on display by the lifts on all floors. There is a first aid kit and other safety equipment located in the ground floor Wallace Wurth security office.

Clean up and waste disposal

No apparatus or chemicals used in computer practicals.

Declaration

I have read and understand the safety requirements for these practical classes and I will observe these requirements.

Signature: ....................................................... Date: ..................................

Student Number: ..........................