



Digital technology can have negative effects on health and it is important to be aware of them: sleep disorders, stress, muscular disorders, etc. Let's explore together the health risks of digital technology and see how to limit these risks in our day-to-day use.

1 Ergonomics and workstation

- How to arrange your office so you can work without hurting yourself?
- Tools that make your tasks easier and ease your muscles, especially your back and eyes



Discover the explanatory sheet 1

2 The use of screens

- How to best manage your screen time and avoid addiction?
- How to manage your screens while driving?
- Best practices to preserve your sleep



Discover the explanatory sheet 2

3 Protecting yourself from the digital invasiveness

- How digital can (too) quickly invade our daily lives
- How to manage the feelings of urgency that this generates and its impact on our health
- How to detach yourself from the need for immediate satisfaction that can arise
- How to manage information flows and digital requests



Discover the explanatory sheet 3

4 Notification management

- The role of notifications
- Setting up notifications
- The different notification modes on a phone or tablet
- The notification plan



Discover the explanatory sheet 4

DIFFICULTY



REQUIREMENTS

None!

DURATION



20 min

HARDWARE



Practice!

In order to support you in your learning and confirm your knowledge, as well as help you establish good habits, we suggest you create your own notification management plan.



[Do the exercise here.](#)

👉 Today, we are often too connected to our phones, tablets and computers. Talking about it is important because it can cause stress, sleep problems and affect our daily well-being. Understanding these risks helps us use technology in a healthier and more balanced way. To discover this topic and raise awareness for yourself but also for your family and children, we suggest you start this chapter by listening to the following podcast: "What if you put down your phone?" [Link to the podcast](#)

Health, technology and your job

👉 It is important to understand how digital technology can impact our health and how to protect ourselves from the negative effects

You have been given a mobile phone as part of your job

Having a mobile phone with your job requires you to be reachable during your working hours. However, you have the right to disconnect! If you are not working or on vacation, it is recommended to preserve your mental health to at least turn off your notifications and put your phone on mute, you can even turn it off until the end of your absence.

You go to the home and see your supported person on the screen

You can suggest to adjust the way the person is positioned using the module on ergonomics to ensure that they are comfortable and will not hurt their back.



Join the Skills to Connect platform to discover more modules.
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