



# Children and Safe Computing: Keeping Your Child RSI-Free

*Maureen Clancy*

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## **Children and Safe Computing: Keeping Your Child RSI-Free** Maureen Clancy

"Children and Safe Computing: Keep Your Child RSI-Free" is an easy-to-understand guide for parents on how to protect their children from painful computer-related injuries. Almost every child uses a computer at home and at school. Few parents and educators however know that computer use can cause painful physical injury, known as Repetitive Strain Injury (RSI). RSI, an umbrella term for a handful of upper body musculoskeletal disorders, is currently the number one work-related injury, affecting more than 300,000 workers each year. RSI can affect children's ability to play sports, hold a pencil, and even future employment. One well-known RSI is Carpal Tunnel Syndrome. "Children and Safe Computing" gives parents complete details on RSI, its causes and solutions, including: Ergonomically setting up your home computer and making it child-sized Give me a Break: Taking computer vacations Proper keyboarding techniques for children using

adult-size keyboards

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