

Standards-Based Lesson Template

Submission Date	2019-08-01 10:44:49
Teacher:	Paula Barton
Class:	Career Champion (Career Planning)
Lesson/Unit Title:	Workplace safety/ Ergonomics
Abstract/summary of lesson:	Ergonomics is the study of the tasks and motions involved in a workplace environment. Awareness of ergonomics helps you be healthy and productive throughout your life.
Students will know...	<p>To remind students to be mindful of themselves and their environment for their personal safety and the safety of their co-workers.</p> <p>To inform students that being a good employee includes participating in mandated continued education trainings.</p> <p>To know work safety terms and acronyms.</p> <p>To encourage students to develop summarizing skills.</p>
Students will be able...	The student will be able to recognize the symptoms and causes of musculoskeletal pain and what to do to prevent personal harm.
Standards/Skills addressed	<p>Standard Identifier: L.9-10.6 Content Area: English Language Arts - Grade Range: 9–10 Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p> <p>Standard Identifier: L.9-10.6 Content Area: English Language Arts Grade Range: 9–10 Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p> <p>Standard Identifier: PE-HS3C.3.4 Content Area: Physical Education Grade Range: High School Course 3C Individual and Dual Activities Cluster: Self-Responsibility Overarching Standard: Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.</p> <p>Standard: Evaluate the risks and safety factors that may affect participation in individual and dual activities throughout a lifetime.</p>
Performance tasks/projects:	The student will view a slide presentation on the subject either independently or with the instructor.
Test and quiz questions or essay prompts:	What are the causes of musculoskeletal damage? How can you prevent personal damage from repeated work tasks?

Other evidence to be used (e.g., observations, evaluation of work samples, discussion):

The student will produce a written paragraph summarizing three key points and a plan to maintain personal safety.

Student self-assessments:

Student and teacher will discuss final product.

Objectives

The student will be able to recognize the symptoms and causes of musculoskeletal pain and what to do to prevent personal harm.

Motivation:

Musculoskeletal Disorders are the most frequently reported causes of lost or restricted work time. In 2013, MSD's were 33% of all worker injury /illness cases. Ergonomics is the study of the tasks and motions involved in a workplace environment. Awareness of ergonomics helps you be healthy and productive throughout your life.

Presentation:

A slideshow has been prepared.

<https://docs.google.com/presentation/d/19OqqL-UloBQphHiqZHzi9niZqIxqraGS4e2uGZdNGrk/edit#slide=id.p32>

Application/Activities:

Student and teacher will discuss the presentation. Student will summarize.

Materials needed:

<https://docs.google.com/presentation/d/19OqqL-UloBQphHiqZHzi9niZqIxqraGS4e2uGZdNGrk/edit#slide=id.p32>

Assessment/Evaluation:

The student will produce a written paragraph summarizing three key points and a plan to maintain personal safety. Student and teacher will discuss final product.

Closure/Reflection:

Our musculoskeletal system is responsible for our daily movements. Our entire lives depend on having a body that moves and works, free of pain and with minimal limitations. Taking care of the one body we get is paramount to a happy life.