

**5 minute Lesson Plan**

**Session number: 3**

**Date:**

**Course: I.T. Basics**

**Unit/subject: Ergonomics**

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| **Cross cutting themes in this session** | Welsh is embedded during the starter activity. (Welsh)Students have written work during the discussions. (writing)Students demonstrate setting up their workstation and describe how to protect themselves from workplace hazards. (Employability, ESDGC)Exercises to reduce the risk of hazards from DSE (Health and Wellbeing) |  |