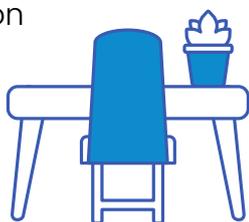## Healthy Family

SETTING UP A COMPUTER WORKSTATION

Easy Steps To Safe Technology

ALWAYS ON A TABLE OR DESK.

Tablets and laptops should always be used on a hard surface, not on a lap, not on a couch, not on the bed.

Feet should rest flat on the floor.

SCREEN AT A DISTANCE FROM EYES

If you can't high-five your computer screen, you're sitting too close. Position the monitor at least 24 inches from your eyes—about an arm's length distance.

The screen should not be tilted, and it should be positioned right below eye level.

LIGHTING WITHOUT GLARE

Do not use a screen in the dark. A desk lamp or window to the side (not behind) the screen will provide a soft filtered light & minimize glare. Use curtains in high sunlight.

Re-position to avoid glare - bright lights reflecting off the computer screen.

MINIMIZE BLUE LIGHT

We recommend you cover all screens with blue blocking shields.

Download software to reduce blue light & flicker. Use blue blocking glasses but be aware they do not protect your skin. Research to ensure products are 100% blue blocking.

USE ETHERNET CONNECTIONS NOT WI-FI

It is super fast, plus it is free of wireless radiation.

Whenever possible, connect your laptop, tablet, or computer to the internet with ethernet. Then turn wireless antennas OFF on device.

A CORDED MOUSE, HEADSET AND KEYBOARD

Connect tech with cords and cables rather than Wi-Fi or Bluetooth. This includes your printer, keyboard, mouse, speakers, headphones, and game controllers.
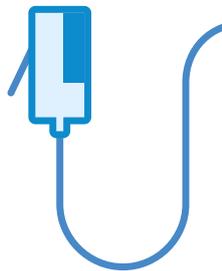
More expert information at EHTRUST.org

ENVIRONMENTAL HEALTH TRUST

Healthy Family

HOW TO HARDWIRE YOUR COMPUTER, LAPTOP OR TABLET
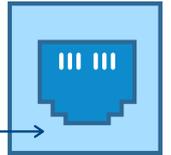
1. THIS IS AN ETHERNET CORD

Ethernet cords come in different lengths.

They allow the data to flow though the cord instead of wirelessly though the air- superfast.

2. DO YOU NEED AN ADAPTER?

Is there an ethernet sized port on your device?

If not, you will need an ethernet adapter. Adapters plug into USB or lighting ports. Research that you have the correct adapter for device's make & model.
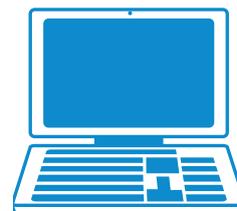
3. PLUG ETHERNET INTO YOUR MODEM

Plug one end of the ethernet into your modem or router.

You might want also an "ethernet switch" that "splits" the ethernet line so you can plug in multiple ethernet cords for computers.
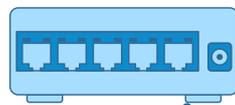
4. PLUG ETHERNET INTO YOUR LAPTOP OR TABLET

Plug the other end of your ethernet into your device.

This step is where you might need an adapter and maybe even a power adapter (for iPads).

5. TURN WI-FI & BLUETOOTH "OFF" IN DEVICE

Go into the settings and turn the Wi-Fi /Bluetooth or any other wireless antennas OFF.
For tablets turn "Airplane Mode" ON & check that Bluetooth is OFF.

6. MAKE YOUR ROUTER WI-FI FREE

Turn Wi-Fi & other antennas OFF in settings. Be aware Wi-Fi can turn back on when reset so check with an EMF meter. Best is to buy your own Wi-Fi free modem. At minimum, turn Wi-Fi OFF at night.

CONGRATS

More expert information at EHTRUST.org

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