International Symposium on Children and Technology

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1. Abstract

Children’s use of computers has increased rapidly and changed markedly over the past 25 years, bringing with it increased concern about the risks for physical, mental and social problems. Neck pain and back pain are very common. Cardiometabolic health is impaired in adults with high exposure to sedentary behaviours. Mental health problems are very prevalent. Together these health issues contribute to a substantial burden on individuals and society. We now also know that indications of these problems are likely to be present pre-adulthood for most people. This makes exposure to potential risk factors during childhood especially important. The evolution of computer use by children has progressed from desktop computers, through laptop computers and electronic games to the recent phenomena of tablet computers such as Apple’s iPad. This symposium will present a range of research covering the potential ergonomics mismatches during use of various devices for school and leisure purposes by young children, school aged children and adolescents.