

Recommendations on the architectural, planning and technical arrangement of the educational and rehabilitation environment for people with disabilities

1. Comfortable conditions must be provided for completing training tasks. Area of the training place should correspond to the types of training tasks performed and the ergonomics of the student provide the opportunity to place the necessary training tools, computer and other equipment, an adequately created training place, as well as the ability to service such a place with specialists.
2. Illumination of educational places must be in accordance with the provisions, including: - an adequate level of illumination; - uniform distribution of light flux (or brightness) in the field of view; - limiting the glare of light sources; - compliance with the permissible relationships between the brightness of the working surface and the surrounding background; - the constancy of lighting over time and the elimination of sharp shadows. Sudden changes in illumination during the working day (not more than 30%) are unacceptable.
3. Office equipment (desks, racks, cabinets) should correspond to the anthropometric data of the student. The height of the working surface of the table, depending on the height of the person, must comply with the parameters specified by All Union State standard.
4. The student's working chair should, if necessary, provide the ability to rotate and change the height and tilt of the seat, the angle of inclination and height of the backrest, the fastening of the footrests, armrests, the backrest under the neck, and rods for tools. This will optimize the static load, the most significant for the student.
5. It is necessary to take into account the optimal service sizes for the training place. The service area of a training place is understood as the space within which there are points of application of effort, the most convenient from the point of view of the movement of the student's hands when performing certain educational tasks. The optimal service area of the training place on the student's desktop is the area of the circle, the circle of which touches at two points of the line of movement of the hands in a freely extended state, and at the third point - the edges of a kind of "dead" zone near the student's chest.
6. For students with disabilities, such a spatial configuration of the educational (or social facilities within the educational institution) premises should be provided, including the location of furniture and other items placed in this room, so that it creates an optimal viewing area for a student with a health defect.
7. The student should have all items in the zone of maximum reach of outstretched arms so that there are no unnecessary bends, squats and other movements that cause fatigue and additional time.

8. Maintenance of a student's study place with special needs should include the need for the equipment used by him, including computer or other equipment, as well as the availability of a complete set of training tools, devices, etc., that ensure the fulfillment of training tasks.

9. The equipment of the training site should ensure the safety of use (the exclusion of sharp corners, protrusions, wound surfaces, protruding fasteners).

10. It is advisable not to place the training place for display users directly at the windows. The monitor screen should not be located directly opposite the window or other light sources giving glare on the screen. It should be oriented to the window at an angle close to a straight line. In addition, to eliminate glare on the screen, it is advisable to install the monitor perpendicular to the table, and the user should look at the screen from top to bottom (100 from a horizontal line).

11. Harmful substances and other chemical factors of the production (in this case, educational and rehabilitation) environment, aerosols, ultra- and infrasound should not exceed the levels of natural background.

12. Displays used in the educational process of persons with disabilities should be from a series of protected by special materials that practically do not allow harmful radiation.