Task 1: Work environment and well-being

A safe and positive work environment is important when working with screens, digital collaboration, and creative services. How can you contribute to well-being and safety for yourself and others in the workplace?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.

Keywords:	Sentence starters:
- Working Environment Act (arbeidsmiljøloven) - Psychosocial work environment (psykososialt arbeidsmiljø) - Physical work environment (fysisk arbeidsmiljø) - Stress (stress) - Well-being (trivsel) - Bullying (mobbing) - Sick leave (sykefravær) - Rule (regel) - Safety representative (verneombud) - Union representative (tillitsvalgt)	1. To contribute to a good work environment, I must… 2. It can be challenging if… 3. When I experience something difficult, I can…

Task 2: Safety and digital threats

In media production and IT, you may encounter digital security threats and unwanted online incidents. How can you handle such situations safely?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.

Keywords:	Sentence starters:
- Online extortion (utpressing på internett) - Risk (risiko) - Violence (vold) - Alarm (alarm) - Document (dokumentere) - First aid (førstehjelp) - Safety representative (verneombud) - Safety (sikkerhet) - Deviation (avvik) - Reporting (varsling)	1. When an unwanted incident occurs, I must… 2. To avoid harm or threats, it is important that… 3. It can be serious if…

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Task 3: Preventing strain and stress

A lot of screen work can lead to physical and mental strain. How can you take care of your body and health when working with digital tasks?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.

Keywords:	Sentence starters:
- Work at a computer screen (arbeid ved dataskjerm) - Ergonomics (ergonomi) - Strain (belastning) - Prevention (forebygging) - Health (helse) - Stress (stress) - Physical work environment (fysisk arbeidsmiljø) - Document (dokumentere) - Well-being (trivsel) - Rule (regel)	1. To avoid strain injuries, I must… 2. When I work in front of a screen, it is important that I… 3. It can be hard on my body or mind if…

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