

## Computing & Health hazards.

**1.0 Computer** is the key word of current century and practically indispensable for Business. Working on computer is really a fun but it has adverse effect on your Body.

### **2.0 Factors responsible for adverse effect on the body:**

**2.1 Incorrect seating position.**

**2.2 Poor room lighting**

**2.3 Poor** positioning of computer equipment.

**2.4 Repetitive** actions.

### **3.0 Protests signals of the Body:**

**3.1 Aches** in the head, neck, back, shoulders, arms and hands.

**3.2 Cramps** in the wrist

**3.3 Itchy dry** eyes

**4.0** Instead of worrying about the problem, one should follow basic **guidelines** and take necessary **precautions** as outlined below:

#### **4.1 Monitor:**

- **Clean** your monitor with a soft and moist lint-free cloth.
- Use **dim background lighting** near the monitor which will provide relief for the eyes.
- Increase document **font sizes** or zoom the views on screen. Font size of 12 points is fairly comfortable.
- Adjust the **brightness** and **contrast** levels of the monitor.
- Place your **document holder** close to the screen and at eye level.
- Ensure that there is **no glare** on the monitor screen.
- In case computer is facing the window, then use an **anti-glare screen** or put **Venetian blinds** on the window.
- Don't sit too close to the monitor- maintain a distance of about **50 cms**.

#### **4.2 Eyes:**

- The biggest threat is posed to the eyes which have to adjust to varying **light intensities**.
- In order to adopt to varying light intensities, the pupils of the eye need to **contrast** and **dilate** several times. The eyes also need to refocus as it shifts to a new object every now and then.
- **Blink** your eyes regularly to moisten them.
- **Look away** from the monitor at frequent intervals.
- **Close the eyes**. Rotate the hands on the shut eyelids to massage the eyeballs.
- **Eye exercises** such as rotating the eyes clockwise and anti-clockwise, up, down etc.
- Use **Magnet specs** at home for atleast 20 minutes.
- Apply ointment ' **Kailash Jivan**' to eyes before retiring to bed.

<b>4.3 Muscles &amp; Joints:</b>
<ul style="list-style-type: none"> <li>• Move away from the computer every two hours and take a <b>break</b>.</li> <li>• During these breaks, <b>stretch</b> muscles and joints that were in one position for an extended period of time.</li> <li>• <b>Relax</b> muscles and joints that were active.</li> </ul>
<b>4.4 Legs:</b>
<ul style="list-style-type: none"> <li>• Use <b>footrest</b> if your feet are not comfortably placed on the floor when seated.</li> <li>• Do not <b>cross your legs</b> as it results in poor blood circulation.</li> <li>• <b>Rotate</b> the feet in a clockwise and anti-clockwise direction periodically.</li> </ul>
<b>4.5 Neck:</b>
<ul style="list-style-type: none"> <li>• <b>Place the monitor</b> in such a way that the top of the screen is at eye level.</li> <li>• Clasp your hands behind the neck, tilt the head back and massage the back of the neck.</li> </ul>
<b>4.6 Back:</b>
<ul style="list-style-type: none"> <li>• <b>Sit upright</b> on an adjustable chair.</li> <li>• <b>Adjust</b> the height and angle of the backrest, as well as the height of the seat.</li> <li>• If you turn around frequently at the work desk, it is beneficial to use <b>swivel chair</b> with wheels.</li> </ul>
<b>4.7 Hands, elbows, wrists, shoulders:</b>
<ul style="list-style-type: none"> <li>• <b>Massage</b> your hands at intervals.</li> <li>• <b>Wrist-rests</b> attached to the key-board or mouse pad provides relief.</li> <li>• Do not keep your arms and hands in the constant typing position.</li> <li>• <b>Rotate</b> the wrists and move the forearms at frequent intervals.</li> <li>• <b>Massage</b> the inside and outside of the hand with thumb and fingers.</li> <li>• <b>Grasp fingers</b> and gently bend back the wrists.</li> <li>• Gently pull the thumb down, hold for five seconds and then push it back.</li> </ul>
<b>5.0 Conclusion:</b>
5.1 As with other things in life, too much of anything is dangerous.
5.2 Instead of worrying about health hazards, if above guidelines are followed, Computing will be safe and healthy experience.