

# Display screens and ergonomics

Name:

## 1 Complete these display screen specifications by typing in the missing words. The first letter is given.

- 1 r  : 1280x768
- 2 a  ratio : 16:9
- 3 s  size: 19"
- 4 c  depth : 16.7 million
- 5 b  : 400 cd/m<sup>2</sup>

## 2 Decide which words are being defined in these extracts from an ICT dictionary.

- 1 One of the small units that make up an image on a computer or television screen.  
pixel ☐ cathode ray tube (CRT) ☐
- 2 Flat-screen technology using noble gases; popular with movie fans.  
video projector ☐ plasma screen ☐
- 3 The most common computer display technology, made of two glass plates with ...  
liquid crystal display (LCD) ☐ cathode ray tube (CRT) ☐
- 4 Card that plugs into a computer to give it display capabilities.  
video projector ☐ video adapter ☐
- 5 Device used to show images on a wall or large screen.  
video projector ☐ video adapter ☐

## 3 Complete this extract from a workplace health and safety guide by typing in words from the box. Then choose the correct verb forms from the menus.

footrest    ache    swivel    idea    copyholder    strain    repetitive

The following guidelines can help you avoid the common pitfalls of daily computer use – eye (1) , back (2)  and (3)  strain injury (RSI).

- a comfortable chair that supports your lower back
- for a (4)  to place under your desk and a tilt and (5)  stand for your screen
- Position your keyboard correctly: your arms  perpendicular to the desk surface
- Your monitor  at, or just below, your head height
- at least 50 cm away from the monitor
- It's a good (6)  to take regular breaks in order to rest your eyes
- You  from hard copy documents without using a (7)
- to clean your screen regularly



Now listen to the eight instructions.