

# 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.

2 *Efs*