















## Unit 8 IT security and safety

### Workstation health and safety

Word			Definition	Translation
advice (n)			an opinion you give someone about what they should do	
cleaner (n)			a substance used to clean things	
clearance (n)			the process of getting official permission or approval for something	
flat (adj)			smooth and level, without any raised parts	
glare (n)			a bright unpleasant light which hurts your eyes	
health and safety (n phr)			an area of government and law concerned with people's health and safety, especially at work	
polish (n)			a substance used for polishing things	
shut down (phr v)			to turn off a computer	
tilt (v)			to move a part of your body, especially your head or chin, upwards or to the side	