

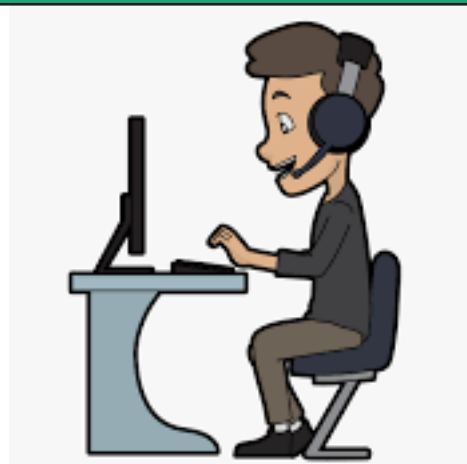
COMPUTER HAZARDS

Overusing your computer can result in many negative health conditions. Here are some things to keep in mind while using a computer.



1. Keep a time limit

Staring at a computer screen for too long can cause eye strain. Set a time limit and take a break when time is up.



2. Keep a good posture.

Slouching can damage the nerves and muscle in your back. For a good posture, keep your back straight and your computer at a comfortable distance.



3. Keep volume low.

When using headphones, save your eardrums by keeping the volume at a low setting. Loud noises can cause permanent damage to your ears

STAY SAFE