**ERGONOMIC**

1. There are a number of health and safety problems that may result from the continuous use of computers.
2. Any one spending more than four hours a day working on a computer on may start to suffer from aching hands neck or shoulders occasional headaches.
3. To avoid this, you should follow a few rules.
4. For example if you take the trouble to position your computer properly you can avoid backache.
5. Get a good chair one that supports your lower back and is adjustable so you can change its height and angle.
6. Your feet should be on the floor or a special stand, the keyboard should be at elbow level, and the monitor should be at eye level.
7. You should sit at arms length from the front of the monitor about fifty to seventy centimeter away.
8. Its a good idea to have a monitor with the tilt on swivels.
9. If your eyes hurt or feel tired after using the computer, you should use a high-quality monitor, and you should also periodically take your eyes off the PC.
10. By following these simple rules, you can weaken the effect of long work at the computer on your health .