Ergonomics

1. Ergonomics is a science that studies a person and his actions ata the time work.
2. There are number of health and safety problems that may result from the continuous use of computers (aching hands, neck of shoulders, occasional headaches and eyestrain).
3. You should get a good chair, one that supports your lower back and adjustable so you can change its height and angle.
4. If you type a lot at computer each day, you should buy an ergonomic keyboard; it can help reduce the risk of repetitive stain injure.
5. You shouldn’t touch any components PC unnecessarily to avoid electric shock.
6. You should always use a policyholder if you are working from documents.
7. Position the keyboard at the same height and as your elbows, with your arms parellel to the work surface, and the position the monitor at or just below eye level.