

Candidate Name

The Healthy Way to Use a PC

Using a PC does not conjure up images of dangerous practices. There are however hidden hazards that any prospective PC user should be made aware of. A few simple precautions can minimise the risks of Repetitive Strain Injuries (RSI) and eye problems.

Posture is very important. Your working environment should be comfortable. This is made possible with a good quality chair that should be adjustable to enable you to assume a natural body posture. The chair should provide support to your lower back.

Your keyboard and mouse should be positioned on a level platform (e.g. your desktop) in front of you and within easy reach. It is important to remember that these items are very sensitive and do not require a great deal of finger pressure to operate them. Your elbows should be at right angles whilst you are typing.