

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.

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.

Eyestrain can be caused by an incorrectly positioned and adjusted monitor. The monitor should be located directly in front of you and at arms length when seated at your PC. The top of the monitor should be at eye level, it should be positioned away from light sources that produce glare. The brightness, contrast and screen font size should be appropriately adjusted for comfortable viewing.