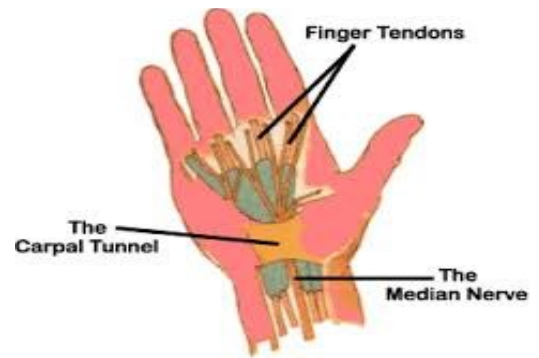


Student Guidance:

Computer Related Health Risks



There are a number of health risks from using computers, most of which can be minimised or eliminated by awareness of the risks and by following advice available.

Repetitive Strain Injury (RSI)

RSI results from performing repetitive movements, e.g. using the mouse, for a long period of time. The following tips are among many that will help you to avoid RSI:

- Organise workloads to avoid using the computer for extended periods of time
- Your screen, keyboard and mouse should be directly in front of you
- Using document holders avoids having to lean over and bend your neck while looking at paperwork
- Make sure the space underneath your desk is free from clutter and your legs have room to move
- Use your mouse as close to the keyboard as possible
- Adopt good posture while at the computer
- Know how to adjust your chair to the most comfortable position
- Minimise head and neck movements by altering the height of your monitor
- Small people and children should use footrests
- Wrist rests are not for use while typing, but for resting the wrists between spells of typing.

Strained Eyes

Working for long periods of time on the computer can strain your eyes or can worsen existing eye conditions. Symptoms include eye discomfort, headaches, itchy eyes and difficulty in focusing. It is important to rest the eyes while working on the computer. Regularly look at more distant objects, e.g. use thinking time to look out of the window, and take frequent breaks from computer work. Visit the optician for regular eye check-ups and make sure you tell them if you are a frequent computer user.

Stress

Computer work can be stressful. Take frequent breaks and avoid work overload.

Epilepsy

Although this is a small risk, epileptic seizures can be triggered by computer work, usually through excessive screen flicker.



**All information is taken from
The Royal Society for the Prevention of Accidents (RoSPA)**