

Health hazards of using excessive computers

[Technology](#), [Computer](#)



Computers are very important and help us in many ways but they can also cause us problems. Some of the problems are, backache which is caused by improper sitting posture and can be prevented by sitting upright with your back resting on the backrest chair. The other problem is eye strain which can be caused by radiations emitted by the monitor and can be prevented by regulating the amount of light from the monitor and avoid using a flickering monitor. A neck ache is caused by putting the monitor above the eye level and can be avoided by positioning your monitor on the same level with your eyes.

The Risks With the increase in computer use, a number of health and safety concerns related to vision and body aches and pains have arisen. Many problems with computer use are temporary and can be resolved by adopting simple corrective action. Most problems related to computer use are completely preventable. However it is important to seek prompt medical attention if you do experience symptoms including: * continual or recurring discomfort * aches and pains * throbbing * tingling numbness * burning sensation * or stiffness Seek help even if symptoms occur when you are not working at your computer. Laptop computers can present particular problems due to small screens, keyboards and inbuilt pointing devices (e. g. a small portable mouse or touchpad). Prolonged use of laptops should be avoided. If using a laptop as a main computer (i. e. use as a normal desktop computer in addition to use as a portable), it is advisable to use the laptop with a docking station.

This allows an ordinary mouse, keyboard and monitor to be used with the laptop. The main risks associated with using computers include: *

<https://assignbuster.com/health-hazards-of-using-excessive-computers/>

Musculoskeletal problems * Eye strain and a greater awareness of existing eye problems Rashes and other skin complaints have also been reported, although it is thought these are caused by the dry atmosphere and static electricity associated with display units rather than by the display units themselves. There are potential risks from radiation though this is a contentious area. Musculoskeletal problems

These can range from general aches and pains to more serious problems and include: * Upper limb disorders such as repetitive strain injury (RSI) tenosynovitis and carpal tunnel syndrome - by far the most important as it can quickly lead to permanent incapacity * Back and neck pain and discomfort * Tensionstressheadaches and related ailments These types of problem can be caused by: * Maintaining an unnatural or unhealthy posture while using the computer * Inadequate lower back support * Sitting in the same position for an extended period of time * An ergonomically poor workstation set up

Eye strain Computer users can experience a number of symptoms related to vision including: * Visual fatigue * Blurred or double vision * Burning and watering eyes * Headaches and frequent changes in prescription glasses Computer work hasn't been proven to cause permanent eye damage, but the temporary discomfort that may occur can reduce productivity, cause lost work time and reduce job satisfaction. Eye problems are usually the result of visual fatigue or glare from bright windows or strong light sources, light reflecting off the display screen or poor display screen contrast.