

EFFECTS OF USING COMPUTER ON HEALTH

1. Which one of them doesn't have any importance in a good working environment?



Chair

A)



Screen

B)



CPU Speed

C)



Keyboard Position

D)

2. Write T for the correct sitting position and F for wrong sitting position.



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3. A good; improves the productivity of work, doesn't make the worker tired, it becomes protection to health problems.

4. While working on the computer, how many minutes of break must be given per hour?

A) 1-2 B) 5-15 C) 20-25 D) 30-35

5. The chair of the person who works with computer must be

Label the given sentences with letters T/F(True/False)

6. The height of the chair must be adjustable.

7. There must be back support on the chair.

8. There is no need for arm support.

9. There must be foot support.

10. Seating part of the chair mustn't whirl around.

Answer Key

- 1- C
- 2- F...T
- 3- Working environment
- 4- B)
- 5- Ergonomic
- 6- T
- 7- T
- 8- F
- 9- T
- 10- T