Are you sitting comfortably?

1. What is repetitive strain injury (RSI)?

2. Read the text and match the headings with the paragraphs (1-3). There is one extra heading that you do not need to use.

1

Any person who repeats the same movement a lot of times can develop repetitive strain injury. Factory workers, computer operators, sports people, and musicians are at the most risk because their jobs involve making the same movement thousands of times. The **symptoms** of RSI include: pain and/or burning in the damaged area, difficulty in moving, and loss of feeling.





2

It is difficult to **cure** RSI but you can avoid it before it starts. To **prevent** RSI, workers at risk should:

- take regular breaks from their work to stretch and move about
- learn to sit and move correctly so they use their bodies naturally

3

People who use computers for a long time have a high **risk** of developing RSI. Here are some basic rules for working safely at a computer:

- take regular breaks to stretch and relax
- move the screen to eye level or a little bit lower
- don't hold the mouse for too long or too tightly
- sit with your back **relaxed**, shoulders down and your neck straight
- keep your wrists relaxed, your elbows at about 90 degrees and the lower parts of your arms parallel to the desk top
- use an **adjustable** chair
- keep your feet flat on the floor



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3. Match the words with meanings

a danger

can be moved into different shapes or positions

signs of an illness

stop something happening

to make an illness better

without tension or strain

adjustable

symptoms

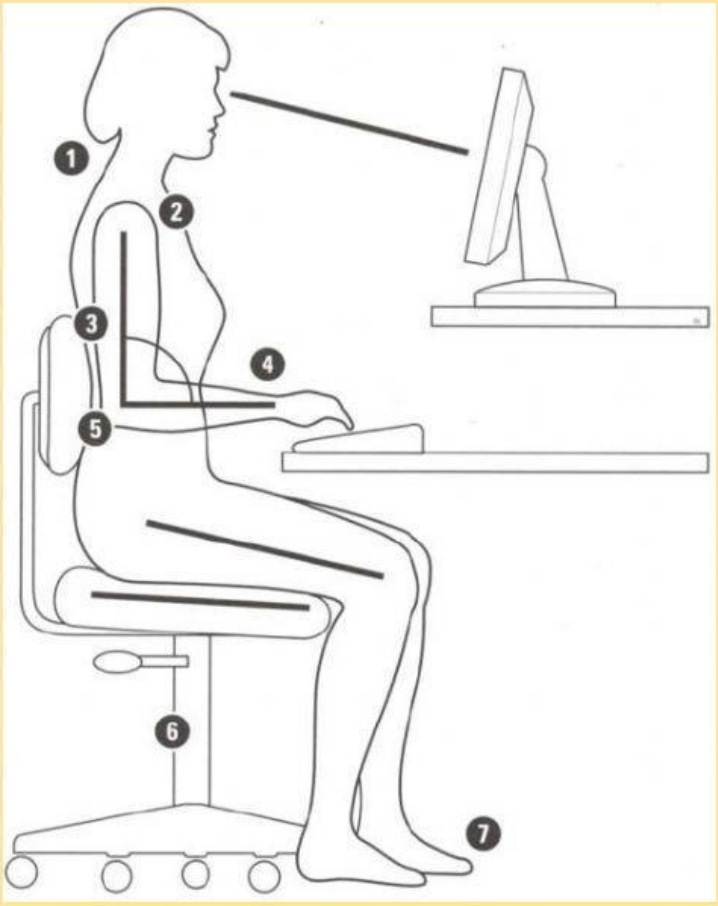
cure

prevent

risk

relaxed

4. Look at the picture and choose the right recommendations



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