

End of Unit Quiz: Computers and Health

A. Multiple Choice: Choose the best answer to these questions by circling and shading the corresponding letter.

1. Which one of the following does not prevent or reduce lower back pain?
 - a. Relaxing your shoulders.
 - b. Using a firm, adjustable chair.
 - c. Taking long breaks.
 - d. Gently massaging the forehead.

2. Which of the following is not a key factor in the development of RSI?
 - a. Long breaks
 - b. Repetition
 - c. Posture
 - d. Lack of rest.

3. Which of the following is not a symptom of Computer Vision Syndrome?
 - a. Eyestrain
 - b. Headache
 - c. Tendonitis
 - d. Blurred vision.

4. Which of the following are reasons for CVS?
 - a. Images and graphics are too small.
 - b. Inability to focus properly on the computer images.
 - c. Glare on the computer screen.
 - d. All of the above.

5. CVS can cause any of the following conditions except:
 - a. Colour fringes
 - b. Headache
 - c. Sore neck
 - d. Wrist pain.

6. Eyestrain can be best prevented by all of the following except:
 - a. Lowering the monitor/screen to slightly below eye level.
 - b. Staying 10 inches away from the screen.
 - c. Reducing glare.
 - d. Taking a 5 to 10 minute break every hour.

7. Ergonomic considerations may include all of the following except:
 - a. Using a chair that is adjustable.
 - b. Ensuring there is enough space for ease of movement.
 - c. Placing the mouse a little lower than the keyboard.
 - d. Using a wrist rest.

B. Spelling. Circle and shade the letter corresponding to the word which is spelt wrongly.

1. a. Tendonitis b. ergonomics c. furniture d. posture
2. a. reppetitive b. anxiety c. injury d. symptom
3. a. biomechanics b. determine c. inflammation d. syndrom