Health Issues when using the computer

Pick Up the correct answer:

1. **Which one of the following is NOT a symptom of RSI?**

   Enlarge veins in hands

   Burning sensation in fingers and wrist

2. **Which of the following would an adjustable seat be LEAST likely to prevent?**

   Stress

   RSI

3. **Which of the following would NOT be symptoms of eye strain?**

   Hazy vision

   Headache

   Stress

4. **Which of the following would be the LEAST likely to reduce the risk of the eye strain?**

   Taking a rest every hour

   Using ergonomic Keyboard

   Using curtains

5. RSI is Repetitive Strain Injury

   True

   False

6. One cause of RSI is typing for a long time without a break

   True

   False

7. Which of the following reduce the risk of having RSI?

   Desks which aren't reflective

   Use of wrist rest

   Good lightening

   Regularly moving the position of the legs

8. 5-minute break WOULD NOT prevent many computer health problems

   True

   False

9. Which is the best type of light to reduce Eye strain?

Sunlight

Torch lamp

Light lamp

10. Sitting with a wrong posture will result in backpain?

True

False