

# 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**