Health and Safety

About Health and Safety Issues:

Technology has truly become an inseparable part of our lives and an essential tool in every field. But, with increasing number of computer users, the number health issues are also growing at a rapid pace. If you work in front of a computer for a few hours that too once in a while you may not be at a health risk. But if you spend about 4 hours or more everyday then you should probably keep a check on these health issues.

1. Musculoskeletal problems:

Muscle soreness and muscle fatigue are the most common complaints of regular computer users. Back pain, chest pain, pain or numbness in arms, shoulder and feet top the list. These types of problems mainly occur because your posture while using the computer is not correct. Either you are sitting on an uncomfortable chair or your workstation is not supportive of correct posture.

Practical tips:
- Adjust your chair and desk such that your screen is either at your eye level or lower. Sit with your back straight and legs perpendicular to the floor with feet resting flat on the floor. Your elbows should rest at the sides.
- Take mini breaks from work and stretch a bit or go for a short walk.

2. Repetitive stress injury:

Pain in the neck, shoulder, or anywhere from the shoulder to fingers may indicate repetitive stress injury. When you use your muscles in an awkward position, you may experience stiffness, pain or swelling in that area. For example, twisting the wrist to use the mouse or specific typing technique that causes stretching of fingers or pressure on the wrist can turn really painful. One of the disorders that affect the fingers and wrist is carpal tunnel syndrome.

Practical Tips:

- Adjust the mouse besides the keyboard. Move your entire arm, while moving the mouse. Don't just move your wrist by fixing it at one position. Typing should be gentle. Do not fix your wrists in a certain position while typing.
- Relax your arms or stretch when you are not typing or using the mouse.

3. Vision problems:

Bright light and bad glare or flickering image can strain your eyes. Constantly focusing on the screen without blinking can cause dry eyes. Computer vision syndrome is another problem that you may suffer from.

Practical tips:

- Adjust the contrast and brightness such that your eyes are not strained. You can tilt your screen to avoid glare.
- Maintain a proper distance from the screen. Look away from the screen intermittently. Don't forget to blink.

4. Headache:

Because of increased muscle tension or pain in the neck at the base of the skull, headache is common problem with computer use. Many a times, prolonged use can affect eye power which needs vision correction. This can also result in headache.

Practical tips:

- Get your eye power tested if headache is a common problem with computer use. Here are some tests that you might to check your eye sight.
- Keep your neck straight when in front of the computer. Constantly looking down or stretching the neck sideways can also cause pain. Take breaks in between and circle your neck a bit to release the strain.

5. Obesity:

Studies have shown that prolonged use of computers, especially in children, is the major contributing factor of sedentary lifestyle and childhood obesity.

Practical tips:

- Set limits for your children if they insist to playing computer games non-stop.
- Encourage your children to play outdoor games or to take up a hobby. Involve them in extra-curricular activities
- Adults who work for 7-8 hours should avoid spending time on computer after reaching home. Your body and mind both need to relax. Join a gym or go for evening jog and stay physically active.

6. Stress disorders:

Technology has a huge impact on our behaviour and emotions. Prolonged computer use along with other factors like poor health, work pressure and job environment can make you susceptible to stress. Moreover, the longer you uphold the stress, the more susceptible you become to other health issues mentioned above. It can also lead to loss of concentration, dizziness and weariness.

Practical tips:

- Be proactive and take necessary measures to beat stress before it affects your health. Try these natural remedies to beat stress. Also, take a look at effective yoga poses that can beat stress and laughter yoga to beat stress,