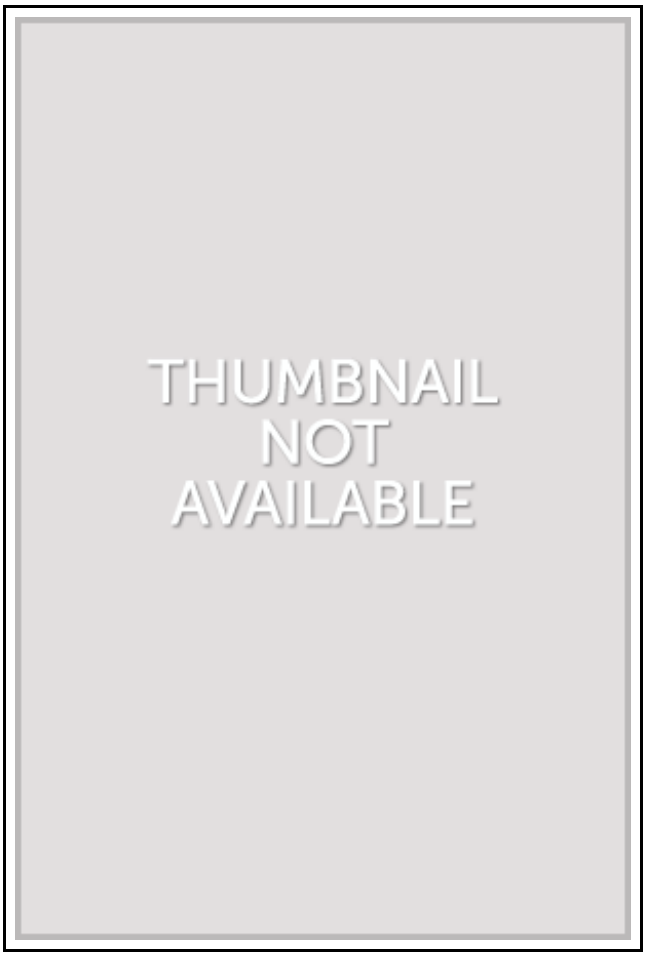
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COMPUTERS AND YOUR HEALTH - PROTECTING YOURSELF FROM COMPUTER RELATED HEALTH ISS (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction The Hazard of Eyestrain Minimizing Eyestrain Repetitive Strain Injury Carpal Tunnel Syndrome Children and Computer Related Problems Preventing RSI Repercussions of Extensive Computer Usage Change Your Work Routine Proper support for your neck And Back High-Back Chairs RSI Warning Signs Possible Personality Disorders Myths about Computers and Children Conclusion Author Bio Publisher Introduction So, all right, getting addicted to computers and thus growing roots, sitting in one place may sound and look hilarious, but computer addiction and computer abuse is one of the main concerns of the 21st century. This is going to occur when you use computers at a stretch. Consider this to be a hydra which is going to affect your body, state of mind and your lifestyle. Once upon the time, we welcomed 21st-century technology in our lives with open arms, because we thought it would make our lives easier with the advent of the World Wide Web, computers have become a center of attention, and an integral part of our lives. Despite all the problems computers give us, including general security faults, crashing when you have a deadline to meet, and other constant reminders that they are only as good as the people who use them, man has stepped into an entirely new culture and lifestyle revolving around computers and other Internet-based machines. This book is going to introduce you to the concept of computer abuse and how it is going to affect your health as well as your social life. But before that, you need to ask yourself how many times you have checked your email today? How many hours of the day do you spend getting in touch...

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