2**. What is occupational overuse syndrome?**

Occupational overuse syndrome, also known as repetition strain injury (RSI), is a collective term for a range of conditions, characterised by discomfort or

persistent pain in muscles, tendons and other soft tissues, with or without physical manifestations.

It is usually caused or aggravated by work, and is associated with repetitive movement, sustained or constrained postures and/or forceful movements.

**3. What are musculoskeletal problems?**

This problem include different areas of your body, such as neck, back, chests, arms shoulders and feet. It occurs

because of your wrong posture, uncomfortable chair for sitting that is not ergonomically correct while working

on the computer.

**4. What cautions to be taken while working on the computer?**

Following caution need to take:-

**use serge protector**

The static electricity generated just by walking on the carpet can damage your computer component. So use a surge

protector when you plug your system in.

**use battery backup system**

A battery backup system is the best way to

protect against a power outage, as it provides the system with constant voltage

**Remove ornaments while working**

Remove rings, watches and necklaces while working on the computer. These ornaments are often made of conductive metals which can damage Computer components by striking them static

electricity.

**Unplug cables**

Unplug all power sources and cables from

computer. If you are working with plugged in computer then it might damage your hardware. Modern processors

will overheat within 7 sec if heat sink is not attached.

**5. Why there is no right way to use a laptop?**

In laptop the screen and keyboard are very close together and there is really no right way to use a laptop because if you position the screen at the right height for your back and neck, it will cause you to have to lift your arms and shoulders too high to use it and vice versa. It will

probably cause a problem.

**6. What causes eye strain and how to avoid it?**

**causes eye strain**

* Computer’s bright light,
* Glare and flickering images
* constantly focus on screen, you forget about blinking
* poor lighting

**Avoid the strain using following methods:-**

Adjust the brightness of computer screen

Reposition the screen to avoid glare from lights or windows.

• Keep a proper vision distance from computer screen and blink your eyes in an interval.

Wear anti-glare glasses while working in computer.

Give your eyes periodic breaks from the screen

perform frequent blinking.

Look away from the screen into the distance for a few moments to relax your eyes

Keep your monitor between 18 to 24 inches away from your face.

**7. What type of display screen is suitable to work on computer?**

Use the modern LED monitors of legible size and with adequate spacing between the characters and lines.

The image on the screen should be stable, with no flickering or other forms of instability.

The screen must be free of reflective glare and reflections liable to cause discomfort

to the user.

**8. What type of keyboard is suitable to work on computer?**

The keyboard should tilt and separate from the screen to find a comfortable working position and avoid fatigue in the arms or hands.

The space in front of the keyboard

must be sufficient to provide support for the hands and arms of the user.

The keyboard should have a matt

surface to avoid reflective glare.

The symbols on the keys must be adequately contrasted and legible from

the design working position.