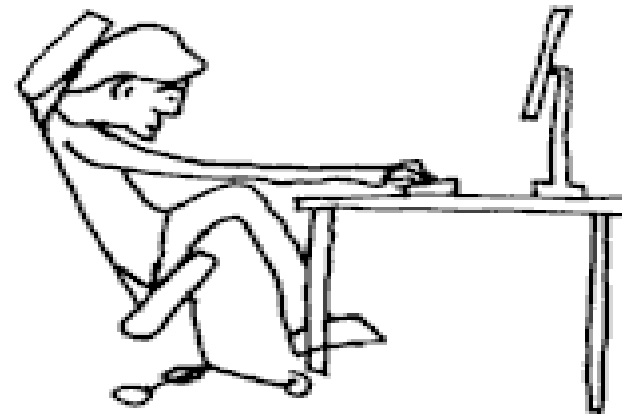
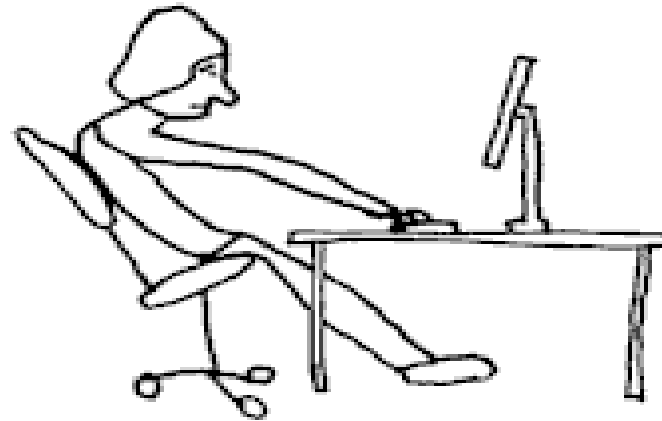


PHYSICAL LESSON

Social Media & School

HEALTH PROBLEMS RELATED TO THE USE OF COMPUTERS

- If computers are not used properly, a lot of health problems may arise .
- these problems may be avoided if people use computers appropriately.



BAD POSTURE

EXAMPLES

courtesy of The Cartoon Blog

EYE STRAIN



BACK ACHE



WRIST PAIN



EYE STRAIN

•CAUSES

- Insufficient breaks
- Prolonged or excessive use
- Glare (brightness) from the screen
- Reflection on the screen (sunlight)

•PRECAUTIONS:

- Take frequent breaks
- Use antiglare screen
- Use curtains on windows
- Blink the eyes regularly
- Eyes must be in line with monitor

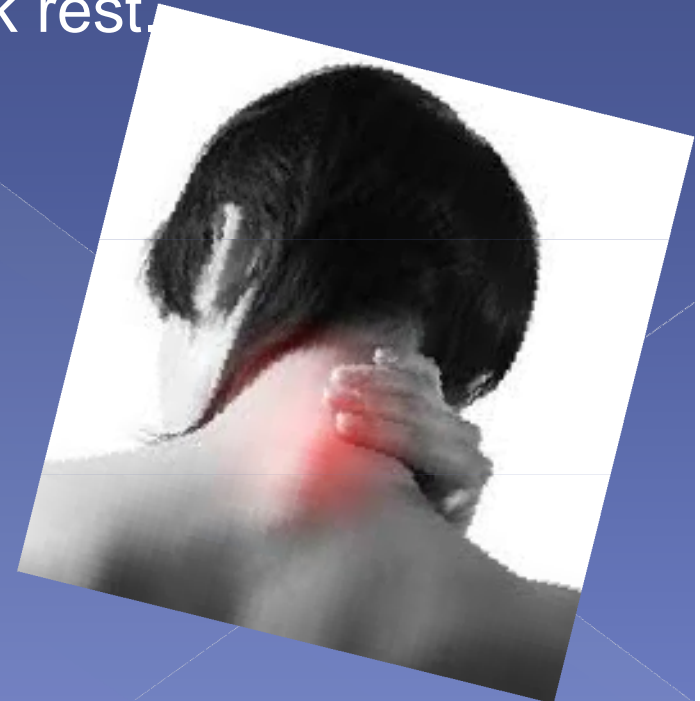
BACK ACHE & WRIST PAIN

CAUSES:

- Wrong posture
- Excessive use

PRECAUTIONS:

- Take regular breaks.
- Adopt the right posture and use back rest.
- Use footrests and adjustable chairs



WHAT IS RSI?

Repetitive strain injuries (RSIs) are "injuries may be caused by repetitive tasks, forceful exertions, or awkward positions".

It is a collective name for a variety of disorders affecting the neck, the shoulders and upper limbs.



Pilates is an excellent way to rehabilitate RSI, for someone more efficient than paracetamol to cure pain.



"I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier."

- Joseph Pilates

When Joseph Pilates made that statement in 1965 at the age of 86, he never imagined the need for Pilates for our current lifestyle.

Pilates Postures



Sources

- Computethealthsafetyissues-Abdoola
- **PILATES AND COMPUTERS** *by Ileen Dranchak*