

# Computer Health

Please choose the most appropriate answer for each sentence.

**Q1** Computer advisors recommend that you consider correct workstation ..... and personal posture in order to minimize the chances of an injury.

- A layout                      B outsourcing                      C overreach                      D pullover

**Q2** The symptoms of such injuries may include ..... in the fingers, painful hands or wrists, or eye problems.

- A dampness                      B dumbbells                      C dumbness                      D numbness

**Q3** A(n) ..... workstation permits you to work in a natural position while minimizing the strain on your arms, back and eyes.

- A allowed                      B ideal                      C imaginary                      D luxurious

**Q4** On the other hand, a poorly designed workstation will force you into uncomfortable postures like ..... over.

- A bunching                      B hunching                      C lunching                      D punching

**Q5** Experienced computer operators know that a good chair ..... to their bodies.

- A adapts                      B adepts                      C adheres                      D adopts

**Q6** Use a chair that has a backrest supporting the ..... of your back.

- A carapace                      B carpals                      C curb                      D curves

**Q7** Ensure that you have enough ..... below the table top to fit your knees comfortably.

- A inches                      B location                      C room                      D volume

**Q8** Select a mouse that fits your hand; be sure that it is as flat as possible in order to minimize wrist .....

- A position                      B strain                      C tendons                      D watch

**Q9** The computer monitor needs to be separate from the keyboard, and it should be ..... directly in front of you.

- A centered                      B concentrated                      C focussed                      D gathered

**Q10** A person's body is not intended to remain motionless, even in a comfortable position, for long ..... of time; so get up and stretch!

- A hours                      B lengths                      C periods                      D sections

## ANSWERS: Computer Health

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**D** numbness

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**B** hunching

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**Q9** The computer monitor needs to be separate from the keyboard, and it should be ..... directly in front of you.

**A** centered

**Q10** A person's body is not intended to remain motionless, even in a comfortable position, for long ..... of time; so get up and stretch!

**C** periods