

## **Computer Health**

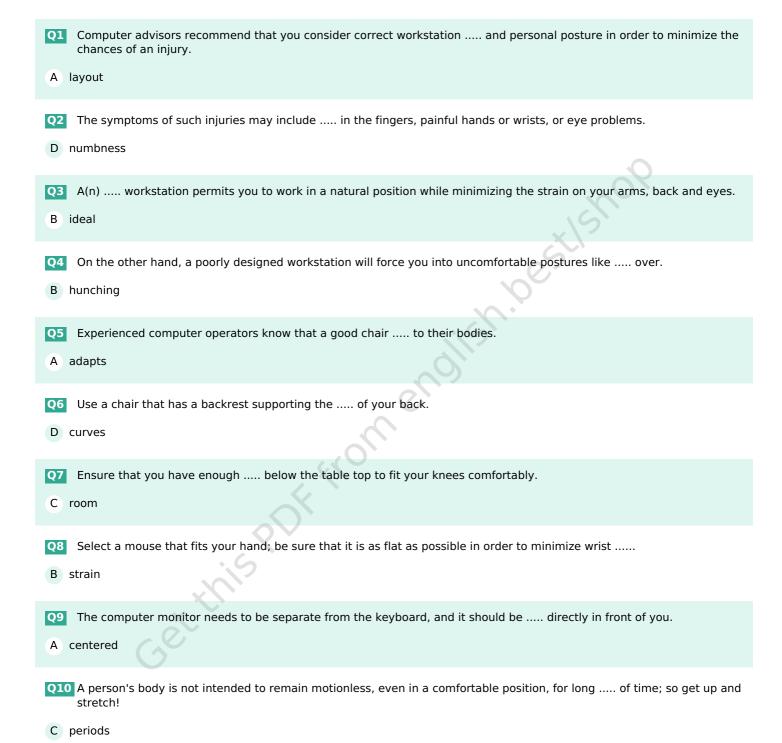
Please choose the most appropriate answer for each sentence.

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 dumbells	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
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

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## **ANSWERS: Computer Health**



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