**Long hours in front of the computer can lead to health problems**

Most computer users have experienced physical discomfort after working on the computer for hours without taking a break. If you neglect yourself by not listening to your body’s signals and spend too many continuous hours working on a computer, it may lead to health problems. Avoid these problems by following the ergonomic experts' recommendations.

Looking at monitors at close range can create eyestrain, headaches, light-headedness and double vision. Avoid flickering computer screens or screens reflecting bright light. If you are typing from a document or other source, the computer screen and document from which you type information, must be the same distance from your eyes. Take a break every hour or two.

Monitors and keyboards in an improper position can lead to pain in the back and neck. All equipment such as your chair, table, monitor, keyboard should be detachable. These should be adjusted to suit your posture.

Monitors generate invisible electro-magnetic fields. No conclusive scientific evidence has been found for the relationship between electro-magnetic field (EMF) emissions and some cancers and miscarriages. However, some people are concerned that there may be a connection, thus several companies have introduced low-Emission monitors.

Repetitive strain injury (RSI) is the name given to injuries resulting from fast, repetitive work. Among computer users, one particular type of RSI is carpal tunnel syndrome, where hours of continuous typing result in damage to the nerves and tendons of the hands. In such cases corrective surgery is required. New keyboards are designed to support the wrists – it is however still best to take frequent, short rest breaks.

Ergonomics is the study and design of the things for the comfort, safety and efficiency of people in work environments. It involves the physical characteristics of people and the way they function in relationship to their work environment and machines that might be used. The design and use of computers are adapted to increase productivity and avoid health risks.

It is best to sit upright with the feet flat on the floor or on a foot stool. The arms should be bent at approximately 90 degrees.

