

Welcome to the third day of our e-course on 'Healthy Computing'. Today, let's have a look at the ergonomic key boards, monitors, chairs, pointers, and all other devices comprising your computer workstation for you to stay healthy even though you have to use your computer for prolonged hours. Some examples of this are vertical sitting posture, traction posture, declined sitting posture, and reclined sitting posture.

As you know, there are certain limitations for a 5 day e-course. We cannot explain every thing due to the limitation of space and time. But there is nothing to panic.....We have compiled everything you need to know about computers in a '100' page e-book with lot of illustrations.

This book gives you various tips for selection and arrangement of various components of your computer workstation. These include monitors, keyboards, pointer/mouse, wrist/palm supports, document holders, desks, chairs, and even your telephones. We have taken account of different inputs for users who would like to know more about their workstation components to help them carry out their work more professionally, contentedly, and safely.

Especially for you.....

Under the topic of monitors, we have added inputs on the viewing distance, viewing angle, viewing time, and viewing clarity. And under the section on keyboards, we have included inputs on keyboard placement distance, height, and its design. We have also added details regarding keyboard trays and their applications.

This e-book also includes details regarding how people become out of shape from years of sitting in front of a computer monitor. We have added some of the exercises, with illustrations, that we would recommend for someone who sits in front of a computer in a chair all day.

There are different pointing devices like mouse, touch pads, trackballs, fingertip joysticks, and pucks. We have taken efforts in bringing you information regarding pointer placement, pointer size, shape, and settings that would be of much help to users suffering from shoulder and neck discomforts. We have also discussed how the wrist/palm rests should be used to get full comfort while working for long hours.

For those users working more with printed materials, document holders give them more ease and comfort. Risk factors like awkward postures of the head and neck, fatigue, headaches and eyestrain can be reduced by proper placement of these holders.

This book brings to your notice the kind of desks that you should use for the best comfort and the leg space beneath them. The clearance space under the work surface should have adequate legroom for the user while seated in comfortable postures.

While talking about a safe and productive computer workstation, the picture of a well-designed and appropriated-adjusted chair comes to our mind naturally. Being an inevitable part of a good workstation, chair offers essential support to the back, legs,

buttocks, and arms, along with reducing exposures to awkward postures, contact stress, and forceful exertions. Keeping these in mind, we have included a long detailed list of chair ergonomics and its accessories like backrest, seat, armrest and base.

In this e-book, we have discussed each and every symptom of all kinds of eye complaints in detail for your reference. We have also discussed how monitors can cause headaches, the right monitor that suits your eyes and some of the most dangerous chemicals released by computers. This book will equip you with diverse medical information related to computer usage, pertaining to every part of the body. Hence, you don't have to go to different sources in search of information related to the medical side of 'Healthy Computing'.

Aren't these vital information that you need to stay young and healthy at work?
Get your copy of 'Healthy Computing' today and get computer savvy.

Enjoy,

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<http://www.supportcave.com/>