

Welcome to the last day of our 5-day e-course. Let's discuss the different types of breaks you can take to minimize the effects of sitting in front of the computer for years. Let's see how often one should take a break away from the computer for a quick exercise.

Taking breaks while working on the computer comes under good work habits. Most people become so engrossed in their work while using the computer that they forget about taking breaks. The result is eye fatigue and other orthopedic disorders. Even if the work environment is absolutely suiting all your requirements and comfort levels, it may still lead to unwanted stresses and strains if good habits are not cultivated. Prolonged, static postures will inhibit blood circulation and take a toll on your body. Try the following:

- Take short 1-2 minute stretch breaks every 20-30 minutes. After each hour of work, take a break or change tasks for at least 5-10 minutes. Always try to get away from your computer during lunch breaks.
  - Avoid eye fatigue by resting and refocusing your eyes periodically. Look away from the monitor and focus on something in the distance.
  - Rest your eyes by covering them with your palms for 10-15 seconds.
  - Use correct posture when working. Keep moving as much as possible.
- Learn more about micro breaks and pauses while working from our e-book.

Today, we shall also discuss about the workstation environment that is an essential factor of healthy computing. The comfort of the user and hence his productivity is related to the aeration and moisture levels in the workstation environment. You can have a better view of the monitor and see the images clearly if you take good care in selecting the right level of illumination and place it appropriately. Normally, brighter lighting or sources that cause glare on your monitor lead to eyestrain or headaches which may force you to work in awkward postures to have a better view of the screen. Our e-book gives you details regarding all factors of workstation environment and lots of tips that ensures your healthy computing.

Last, but not the least, did you know that telephones are an inevitable part of the workstation? They add to the convenience of your work. Yet, the combination of telephone and computer is very dangerous, as you tend to use both the devices simultaneously. It has been found that this even leads to musculoskeletal disorders. The cords of the telephone can get tangled up hence causing the user to assume awkward postures.

Don't cradle the telephone between the face and shoulder while working, as this can lead to neck strain. Place your telephone within easy reach. Telephone stands or arms can help. Use headsets and speakerphone to eliminate cradling the handset. Use a telephone that has a "hands-free" feature. Ensure that your "hands-free" headsets have volume control options.

Well, for more tips regarding this, rush for your copy of 'Healthy Computing'...today!  
hiccup

Enjoy,

Jason & Kristy Frovich  
<http://www.supportcave.com/>