

# Chapter 5

## 5.4 Health & Safety

Write here what you see in the picture, make note of any health hazards you see. (things that could cause an injury)

### Starter – Match the key words

Caused by sitting in front of a computer screen for long periods

an injury to fingers and wrists caused by too much computer use

Caused by incorrect lighting, screen reflections, flickering screens

Caused by staring at a computer screen too long or incorrect lighting

Caused by laser printers in an office area

Eyestrain

Headaches

Back & Neck problems/strain

Ozone Irritation

RSI - Repetitive Strain Injury

### Finished? Try this:

Has the use of ICT ever caused you an injury? Explain below the possible injuries you may get from using a computer too much

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### Lesson Objectives

Describe some common health & safety issues when using a computer

Explain the advantages and disadvantages of methods to minimize the effects of health & safety issues

## Activity: Minimising risks when using a computer

Key Word	How to minimize the risks
RSI – Repetitive Strain injury	
Headaches	
Eyestrain	
Ozone irritation	
Electrocution	
Trailing Wires	
Fire risk	
Heavy equipment falling	

## Exam Style Question

**Planning:** Decide on some methods to prevent Health issues when using a computer in an office, then write the advantages / disadvantages of each method

### EXAMPLE

*Method 1: use special equipment*

*+ If LCD/TFT screens are used then eye strain is reduced*

*- the cost of the screens could be a lot more*

Now think of 3 more methods and an advantage / disadvantage for each. Use P.145 & 146 in your coursebooks

Method	
Method	
Method	

