

HOW CORRECTLY SIT AT THE COMPUTER?

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Novosibirsk
2018

INTRODUCTION

Wrong position of the body with hours of work at the computer is almost the most important factor, which is the basis of diseases of an office worker or student.

Let's try to remember the simple recommendations that we have seen on the school poster "We sit right at the desk". The same rules are still valid today for working with a computer.

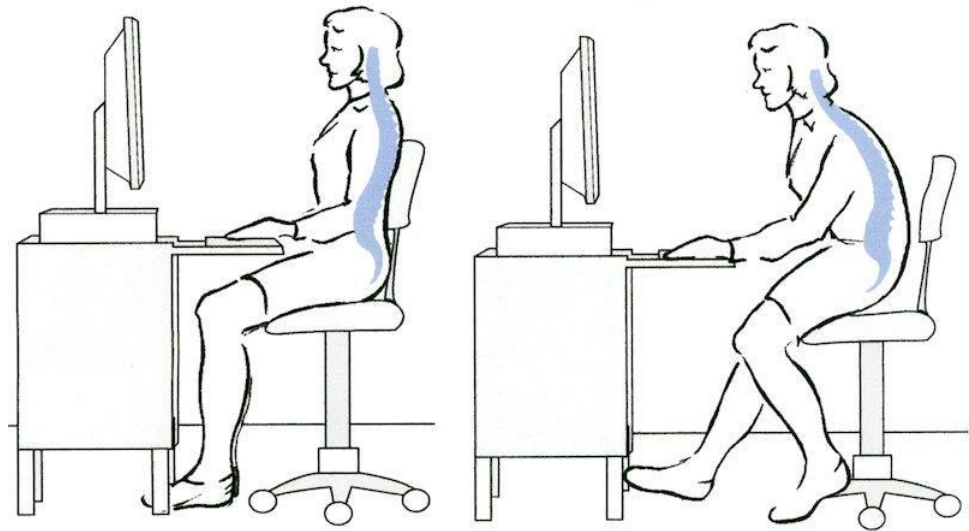
HOW TO CHOOSE THE RIGHT CHAIR ON WHICH YOU WILL SIT AT THE COMPUTER?

- Modern computer chairs are adjusted in height, so it is easy to raise or lower the seat.

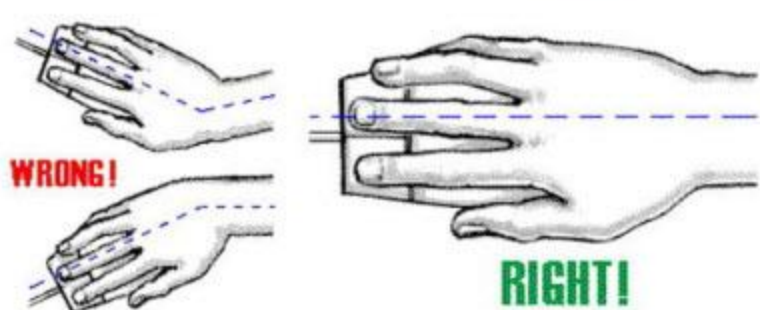
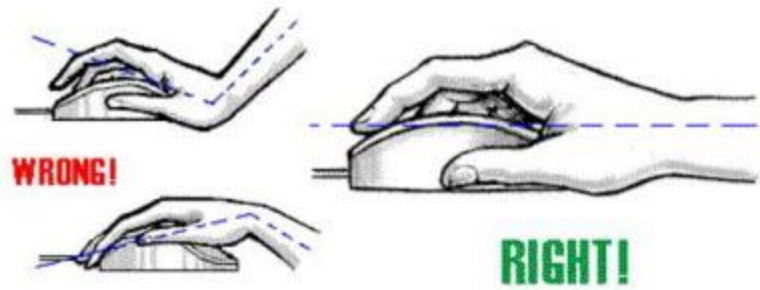


HOW TO SIT AT YOUR DESK?

- **Legs.**
- **Back.**



- ⦿ Arms.
- ⦿ Eyes.



EXERCISES THAT NEED TO BE DONE WHILE SITTING AT THE COMPUTER

- Every 30 minutes it is recommended to do eye exercises



- Every hour, get up from behind the computer, stretch your arms and back. It is worth to be like, to distract from the image on the monitor.



THANK YOU FOR ATTENTION

