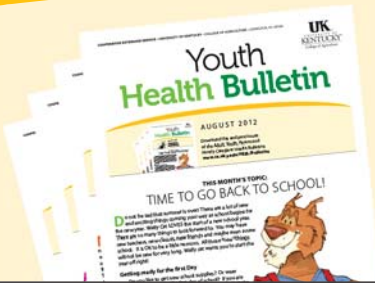


Youth Health Bulletin

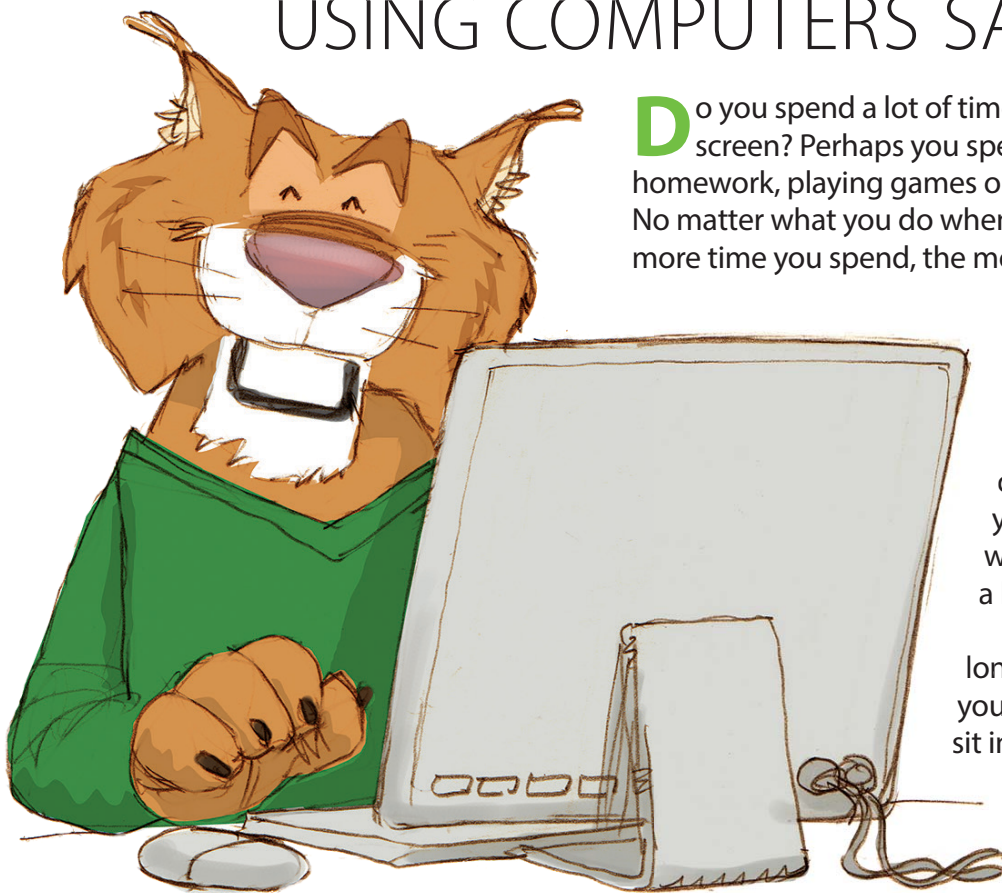


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THIS MONTH'S TOPIC: USING COMPUTERS SAFELY



Do you spend a lot of time in front of the computer screen? Perhaps you spend time on the computer doing homework, playing games or searching through the internet. No matter what you do when you are on the computer, the more time you spend, the more it will affect your body.

Did you also know that there is a proper way to sit and type? Or that the computer screen should be a certain distance from your eyes? Read on to find out more about how you can protect yourself from pain when you are on the computer for a long time.

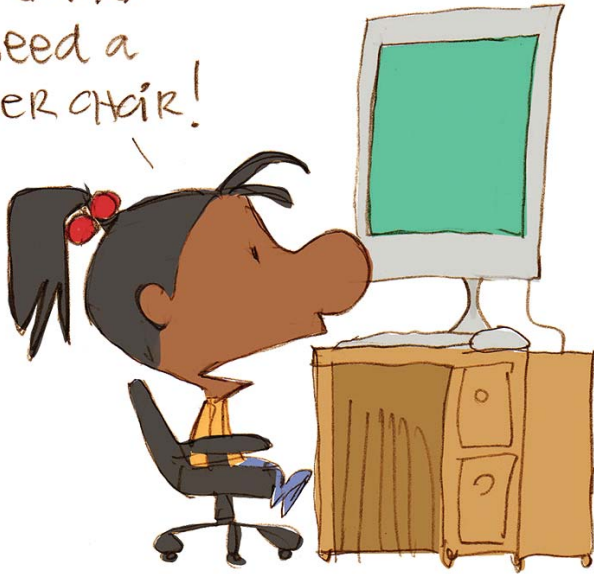
If you are on the computer for a long while it is very important that you sit and type properly. You should sit in your chair so that your behind is completely in the chair. Your knees should bend and your

Continued on the back →



For every 30 minutes of computer time, you should take a short break.

I'm going
to need a
taller chair!



Word Scramble

REMOCUPT SEECNR: _____

RDKEBAOY: _____

KEAT A EKRB: _____

IST YLRPPEOR: _____

PKEE RWISTS GSRITAHT: _____

ANSWERS: Computer screen, keyboard, take a break, sit properly, keep wrists straight

Continued from page 1

feet should be flat on the floor. As a kid, your feet may not reach the floor all the way. Ask mom or dad to find a stool or a stack of books that you can prop your feet on.

Have you taken a typing class at school? If so, you already know that you should have your elbows bent when you type and that your wrists should stay straight. Your wrists should not be tilted up or down. Your fingers should be able to rest gently on the keyboard. You should not have to stretch your hand way out to reach the keys. If you feel like you are stretching out, try moving the keyboard closer to you.

The distance you are from the computer is also important. You should be about 18-20 inches away from the computer screen. From this distance you should be able to see what is on the screen without any problems. The screen should also be about eye level so that you are not looking up at it. If you have to tilt your head up to look at the screen, after a little while your neck may start to hurt. If the screen is not quite right see if your mom or dad can raise the height of the chair or add a pillow or two.

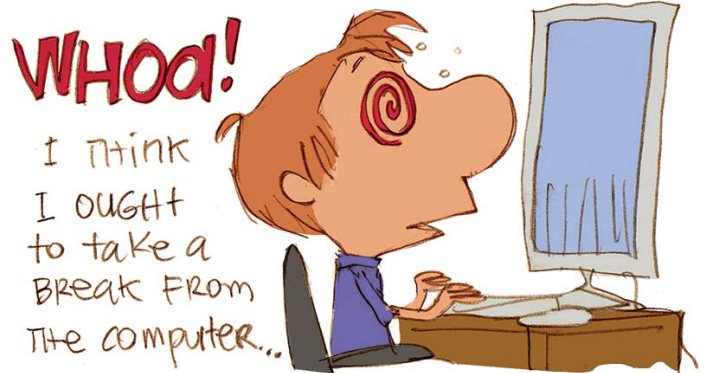
Be sure to take a break if you have been on the computer for 30 minutes. During your break you will

want to look at something other than a screen (so no TV or phone screens) and move your legs a little bit. A good break may be to go to the bathroom or even go and see if you can help mom or dad for a few minutes before returning back to the computer.

It is important to take care of yourself even if all you are doing is sitting in front of a computer screen. Make sure you are sitting properly, typing properly and the screen is at a good height for you. Lastly, remember that you should take a break away from the computer every 30 minutes!

SOURCE:

Nemours KidsHealth. (2011). Computers can be a real pain. Accessed from: <http://kidshealth.org>



Youth
Health Bulletin

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