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COMPUTERS AND YOUR HEALTH - PROTECTING YOURSELF FROM COMPUTER RELATED HEALTH ISS (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction The Hazard of Eyestrain Minimizing Eyestrain Repetitive Strain Injury Carpal Tunnel Syndrome Children and Computer Related Problems Preventing RSI Repercussions of Extensive Computer Usage Change Your Work Routine Proper support for your neck And Back High-Back Chairs RSI Warning Signs Possible Personality Disorders Myths about Computers and Children Conclusion Author Bio Publisher Introduction So,...

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- Authored by Dueep Jyot Singh, Managing Director John Davidson
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