

# COMPUTERS ARE BAD FOR YOU!

Yes, it's true! Computers *are* bad for you because using computers can damage your health.

Every day, millions of people spend time working or playing on computers. Most of them probably don't think twice about the effect this *could* be having on their health. However, the matter is now so serious, that one report has estimated that personal injury, associated with computer use, *could* be costing UK businesses in the region of half a billion pounds a year!

Many of the health problems associated with using computers are due to prolonged usage. For example, some people find they get pain or stiffness in their neck, back and shoulders from sitting in the same position at their computer terminal for a long time. Others find that computers can cause problems with their eyes. They may complain that they have tired, dry eyes or a headache from focusing on the screen for many hours.



But even worse, people can develop a painful condition known as RSI, or Repetitive Strain Injury. This is triggered by the repetitive hand, wrist and arm movements involved when using a keyboard, mouse or joystick for hours on end. It causes inflammation of the tendons in the hands and pain or discomfort in the fingers, arms and wrists.

Some people can also become worryingly addicted to their computer, spending hours at a time playing computer games or surfing the net, so that they end up losing social skills, preferring the company of their computer to mixing with other people.

And of course, there is the mental anguish and stress that people suffer when they accidentally delete a vital piece of work! Or when their computer is attacked by a virus! Or it crashes!

So perhaps it is time that computers came with some sort of government health warning. At the very least, for the sake of our health, we should be thinking about limiting the time we spend sitting at a computer!