

Home Office Tip 2...Computer Health Hazards!

By BB Lee

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Computer Health Hazards.....

Home Office Tips 2

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Home office stress related injuries are escalating. Along with carpal tunnel syndrome, eye strains, neck strains, back related problems. Let's face it, if you are behind the keys more than a few hours a week you will suffer one or more of the above problems.

Neck Strains.

Have you noticed that your neck is stiff after a long day at the computer? Well, the trouble might be your monitor height. Your monitor should be eye level so you will not have to constantly lower, raise, and crook your neck to view the screen.

Exercise Tip:

Try rotating your your shoulders back several times and then forward for several more times to reduce stress. Then slowly turn your head side to side several times.

Carpal Tunnel Syndrome

Also called repetitive motion injury is on the increase. Why? Because of the new technology, computers are faster than ever. This leads to more keystrokes which equals more injuries. That numbness in your wrist or hands might be a warning that you are suffering from this injury. Try purchasing one of the gel pads you can rest your hands on while at the keyboard. This will help tremendously.

Purchase ergonomically made wrist rest and mouse pads available at most office supply stores to help ease tension

and chance of injury.

Correct posture will help too. Keep your feet flat on the floor, your knee's parallel to the floor, your back straight, your upper arms dropping straight down, with elbows to the side and at the same height as your keyboard.

Exercise Tip:

Try exercising at the computer. Rotate your wrist in circles for several minutes. Give them a brisk massage afterwards.

Back Problems.

Make sure your desk chair is adjusted properly. It should fit the contours of your back and you should be able to move about easily. Many back problems are caused by badly structured chairs.

Exercise Tip:

Stand and stretch gently palms overhead to the sky. Hold for a few seconds and then relax. This will loosen up tense back muscles.

Blurred Vision:

Make sure your light sources are not reflected off your monitor's screen. Glare and reflection off the monitor can cause eye problems leading to blurred vision.

Exercise Tip:

Roll your eyes up and then look down. Blink and then close your eyes. Do this several times to relieve strain. Remember to look away from your monitor frequently and to take more breaks to rest your eyes

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