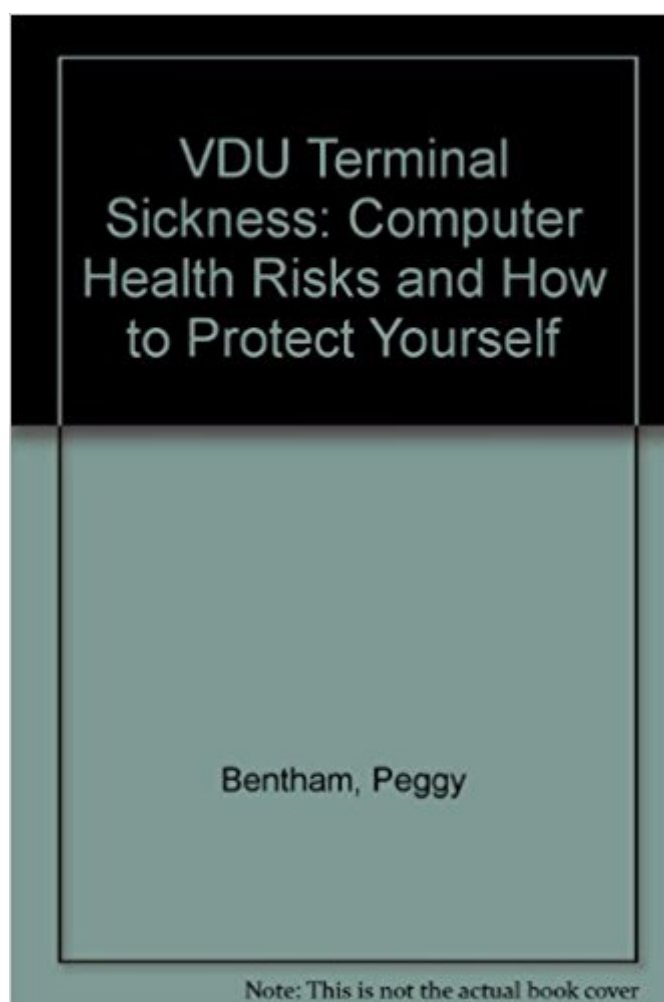


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# VDU Terminal Sickness: Computer Health Risks And How To Protect Yourself And Comply With The DSE Directive And Latest International Safety Standards





## Synopsis

This book looks at the health problems faced by computer users. Subjects covered include the design hazards of computers themselves, the health implications of working environments and the different sicknesses and injuries reported among users.

## Book Information

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With nearly 100,000 million computers sold worldwide, users are facing serious health problems. This book identifies those problems, and reviews the extensive scientific evidence that identifies the causes and other contributory factors. The workings of computer terminals are explained so that users can understand the different types of radiation that they may be exposed to, and the symptoms to look out for. Mechanical and physical problems are also examined in detail, including repetitive strain injury (RSI), sick building syndrome, and the back, neck, eye and other problems resulting from the use of poorly designed workstations and furniture. The author explains in detail how to eliminate the risks and alerts the reader to many existing safety standards, as well as to legal, social and economic issues.

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