

Health Issues When Using Computers

Common health issues related to extensive ICT use include:

- **Repetitive Strain Injury (RSI)**
 - A condition affecting muscles and nerves, often caused by repetitive movements and overuse
- **Back problems**
 - Poor posture while using devices can lead to back pain and other related issues
- **Eye problems**
 - Strain and fatigue from staring at screens for long periods can harm vision
- **Headaches**
 - Overuse of ICT devices can cause headaches, usually due to eye strain or poor posture

Health Issue	Causes	Prevention Strategies
Repetitive Strain Injury (RSI)	Repeated physical movements do damage to tendons, nerves, muscles, and other soft body tissues.	Regular breaks, ergonomic equipment, and correct typing techniques.
Back problems	Poor posture, particularly when using devices for long periods.	Correct posture, ergonomic furniture, and regular movement.
Eye problems	Prolonged screen time leads to digital eye strain, characterised by dryness, irritation, and blurred vision.	Regular breaks from the screen, appropriate screen brightness, and maintaining an appropriate distance from the screen.
Headaches	Factors such as poor posture, eye strain, or stress from overuse of devices.	Regular breaks, maintaining good posture, and ensuring proper screen brightness.