

PENANG SANGAM HIGH SCHOOL

Year 11

COMPUTER STUDIES

Worksheet # 3

- 1) What is ergonomics?
- 2) Define the phrase “Repetitive Strain injury”?
- 3) Define the term Techno stress?
- 4) State two health problem associated to the use of computers?
- 5) For the above mentioned (c) health problems, state one precaution that can be taken to reduce these health problems?
- 6) State **two** things a computer user could do to avoid eyestrain and headache.
- 7) A plugged in laptop was given to Jope while in use by his computer teacher. Jope was told to insert 2GB RAM. What should Jope do to avoid any injuries?
- 8) Explain the 4R’s?
- 9) Give two advantages and disadvantages of the three recent implementation of “Green Computing”?

Essay

Write an essay of 200 – 250 words to answer the chosen questions.

Question 1

Health and Safety Issues

[10 marks]

Poorly designed computers and equipment can induce fatigue, cause eyestrain and spiral damage and can also lead to repetitive strain injury.

Write an essay with recommendations to ensure a safe environment for your labs (computer & science) with relation to notices and equipment needed.