SAFETY MEASURES

Safety measures are measures that the users of computers need to take to enjoy the use of computers. These are measures put in place to protect the users (you and I) while using the computer.

Safety Measures include:

(i) Good Sitting Posture
The sitting posture of the user of the computer should be comfortable so that backache, neck pains, wrist injuries and eye strain will be reduced to the barest level. The sitting posture should allow one to sit with both feet on the floor, and thighs at right angles to the body. The chair should be adjustable to support the lower back while the forearms should be kept parallel to the floor. The eye level should be straight to the screen while keeping the wrist and hands relaxed as one types on the keyboard.

(ii) Use of Anti-glare Protector
The use of an anti-glare protector helps protect the eyes against radioactive rays coming from the computer monitor. It is important to keep a distance of two feet between the eyes and the monitor when working on the computer. It is also very important to blink the eye regularly if one is working on a colour monitor.

(iii) Proper Positioning of Monitor Base
The monitor should be well positioned for it to stand very well and also to give room for it to be adjusted sideways, up or down while it is being used.

(iv) Illuminating the Computer Room
The computer room should be well lit with fluorescent light. This is to enable one to see very well the things that are been done on the computer. It will also remove eye strains from the user on the computer monitor.

(v) Maintaining a Dust-free Environment
Computers are very sensitive electronic machines. They can easily get damaged by dust, moisture and temperature, hence the need to ensure that the environment where the computer is kept and used is dust-free. Computer laboratory floors should be made with floor tiles and not a rug. The window should be airtight and air-conditioned.

The computer lab is a place where students learn practical uses of a computer, such as programming, how to use a spreadsheet program etc. There are safety rules that need to be applied in a computer lab that protect students and the computers themselves.

Protecting a computer consists of the following:

1. Unwanted programs from installation.

2. Unauthorized users from spying on private data and accidental visits to dangerous networks that contain viruses and spyware.

In a nutshell, safety measures of computer are about keeping computers from things that can render it useless.

SAFETY RULES IN THE COMPUTER LABORATORY

1. **Surge Protectors:** A surge protector is used to protect computer from electrical surges that can damage components and destroy important information.
2. **Static Mat:** Place every laboratory computer on static mat.
3. **Moving Equipment:** When moving components within the lab, be sure to look out for cables on the floor to avoid tripping.
4. **Liquids:** Keep all liquids Away from computers and electrical equipment in the lab.
5. **Personal Information:** A computer laboratory is not the place for students to enter their personal information on websites.