Safety Measures

Definition of safety Measures: Safety measures are precautions users of computers need to take in order to enjoy the use of computers.

They include:

(i)   Good Sitting Posture
The sitting posture of the user of 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, thighs at right angles to the body. The chair should be adjustable to support the lower back while the fore arms 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 type on the keyboard.

(ii)   Use of Anti-glare Protector
The use of 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 eyes 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) <u>Illuminating the Computer Room</u>

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) <u>Maintaining a Dust-free Environment</u>

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

(vi) <u>Keep Liquid away from Computers</u>

Liquids of any type and food droplets can cause a lot of physical damage to the computer hardware. This is why it is important to keep all liquids away from the computer.