VCZ

ERGONOMICS

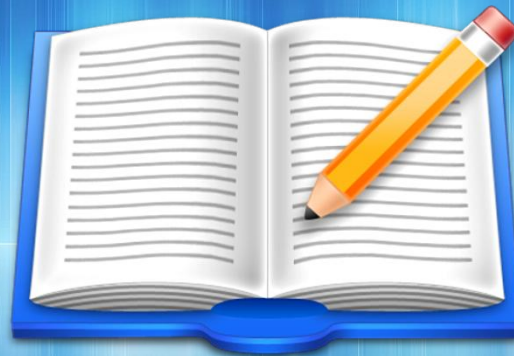## CHAPTER 3 - EXERCISES

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EXERCISE 1

- Here are some important ergonomic rules for the usage of computer:

  - Do not exceed 3 consecutive hours of usage

  - Make a 10 – 15 minutes brake every hour of work

  - Have a good lighting for avoiding reflections

  - Have facilities of relaxation for the waist and legs

- Explore the Internet and find more ergonomic rules that make user's work safer, more efficient and more pleasant.

EXERCISE 2

- In Win 7 or Vista go to *Start – All Programs – Accessories – Ease of Access* and run the application of Magnifier.

- Try to explain how does this application work?

- Which kind of user is supported by this application?

EXERCISE 3

Chapter 3 – Questions (p. 23)

1. What is the purpose of ergonomics?

2. In what should we be careful to have the correct working posture when working on computer?

3. The monitor height is stable for all users?

4. What we have to change in order to see bigger images on the screen?

5. How can you calculate the screen size of your personal computer?