



Computer influence on a health



Poland
2012



What do you know about your PC?



Introduction

- The full computerization of a country is impossible to avoid. Today computers are used on a production, in the offschools and flats.
- Children, which can't read and write yet, already strongly use this wonder machine, playing on it for hours.



Our eyes

- The last researches showed that computers don't make us more healthy.
- Women and children were found to be the most subjected to the computer interaction.



Our eyes



- Working at the computer is not natural for human eyesight. 70-75% of all users which routinely work at the monitor screen have problems with the eyesight. A lot of complaints come from the computer operators about sharp pain in the eyes, blurring, the common eyesight worsening.

Our eyes

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Our eyes



- When reading a text from the paper the human eye takes the reflected image with the falling light. Looking through the text on the screen man looks at the same source of light.
- We have to read, to type, to compare something more than once, when we are working at the monitor. But in result eyes have to re-form thousand times a day. It has a negative influence on the eyesight.

Our eyes



- Man gets used to deal with the horizontally lied leaf of the paper, while the monitor screen is vertically placed. Permanent imitation of the “look into the distance” occurs. It relaxes muscle eye device.

Our eyes



- Conducted in Massachusetts medical checkups found that employees, which is working at the PC over 7 hours a day, have greater for 72% case rate asthenopia (eyes get tired easily) and inflammation than employees, which spend a less time at the computer.
- 2/3 patients have troubles with the eyesight focus in for years.

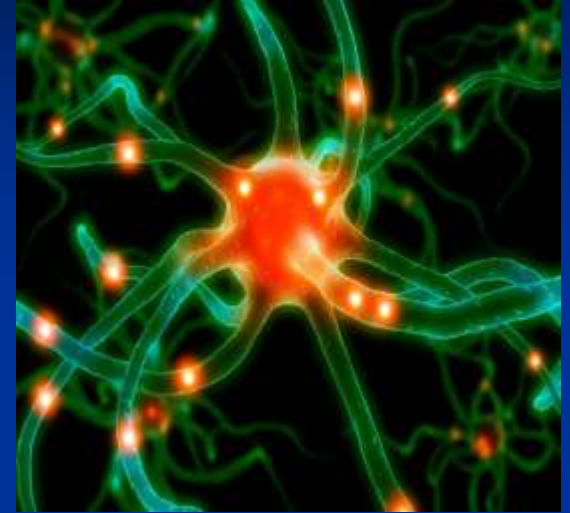
Muscles and joints diseases

- People, which earn with the work on a computer, have the greatest part of health complaints on muscles and joints diseases. Mostly this is simply neck torpor, shoulders and loins pain or legs pricking.



Carpal tunnel syndrome

- But there can be more serious diseases. The most prevailing is carpal tunnel syndrome. In this case arm nerves are damaged with the frequent and long work at the computer.



Recovery

- Recovery processes rate is known to depend on a previous activity. After slowly developing tiredness, recovery goes slowly.
- Since the local hand work is characterized by small quantities and carried out long enough, recovery goes slowly.



Neurotic disorders

- According to Donetsk Medical University scientists information, PC operators have early reduced efficiency and tiredness on the few hours before the work time ending. 48% inspected workers of computer centers have neurotic disorders: *memory worsening, weakness, tachycardia, negative dysfunctions, inattention, neurasthenia.*



Other diseases

- Foreign experts assert, that women, which work at the monitor for 2-6 hours a day, have functional violations of central nervous system on average on 4.6 times more often, than other professions women, cardiovascular system diseases – on 2, respiratory tract – on 1.9, motor system – on 3.1 times.



Other diseases

- On 2-3 times more often they have pathology of pregnancy. Many specialists strongly recommend women, that want to become pregnant, say goodbye to a computer



Radiation

- Computer radiation spectrum consists of X-rays, ultra-violet and infra-red fields of spectrum, and also wide range of electromagnetic waves other frequencies. Specialists consider that X-rays danger now is quite small. This kind of rays are consumed with the screen glass.



Positive ions

- But we have to remember that even very small intensity of X-rays promotes air ionization. In the presence of several computers in the room ion quantity may increase. Superfluity of positive ions is considered to be unhealthy for human being.



Radiation

- As regards the influence of electromagnetic lower frequency (50-100 Hz) radiation on a human organism
- Conducted experiments by physicians prove that radiation of videodisplay terminals may have stimulative influence on evolution of breast new growth.



Other diseases

- Under the electrostatic field influence dust and charged particles accumulate on a face, hands, provoking to an allergy, skin dryness and withering, and various eczema sometimes.



Not computer games

Thank You !

Lithuanian group

2012