

Adverse Effects of Computer Work on Human Health

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Annotation. This article gives you a brief overview on computers and how to prevent them. It is recommended that you read this before using the computer.

Keywords: Computer, information, electromagnetic, technology, WIFI, radiation, information technology.

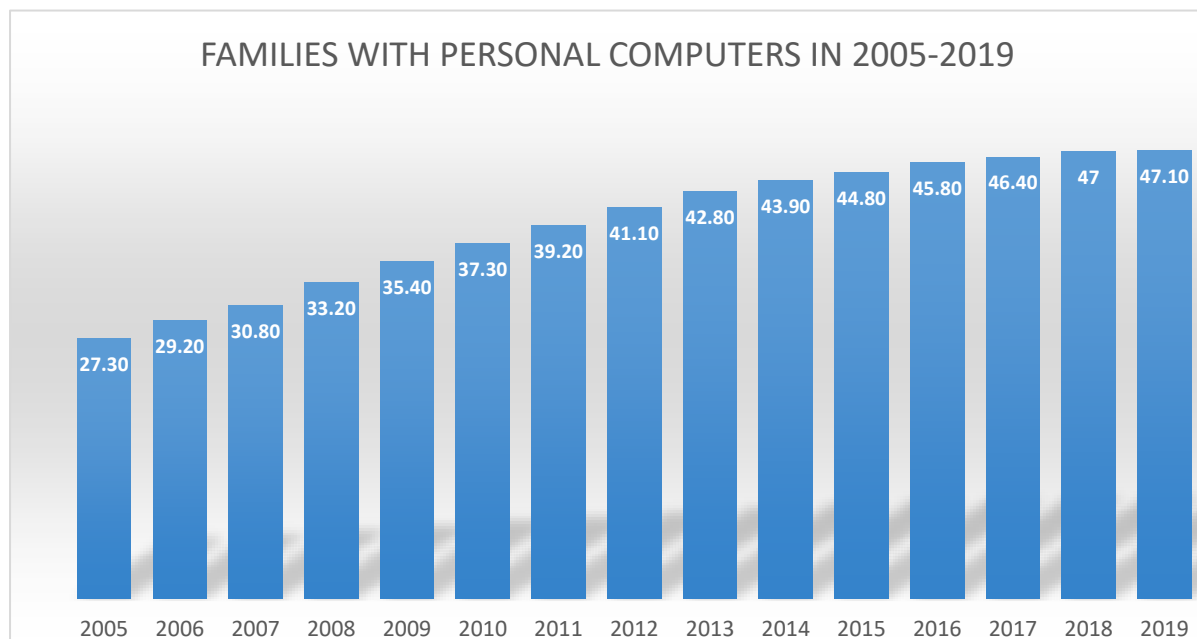
Computers today are an integral part of our lives because with them we can perform a variety of operations and calculations that seem impossible. However, this invention is a source of electromagnetic radiation, which has a negative impact on the human body. There are many challenges in the world of information technology. One of them is the impact of computers on human health, which is one of the most important issues today. Information technology is rapidly entering all spheres of our society. With the help of computers, things that seem impossible can be done quickly. The health of information technology users is a very pressing issue that needs to be addressed wisely. Many experts and large companies are working on this issue, but their work has not yet been enough to protect human health in the field of information technology.

Today we need to think a lot about not only the physical damage of computers and smartphones, but also the moral damage. It is very important to find the right approach to these new products and use them with the least harm to human health. Now let's look at the IT factors that affect our health. All the benefits of information technology seem to benefit us so much that we don't even notice their shortcomings. Studies in different countries around the world have shown that users of different gadgets have a number of diseases associated with their use.

For example:

- eye diseases
- stress
- Disorders of the nervous system
- Development of bronchial asthma
- There is an increased risk of developing pathology of the cardiovascular system, which can also lead to other diseases.

Working with a computer in Germany is one of the most harmful and dangerous professions. However, for many, working day and night on a computer for big money remains the main dream of everyone. We know that even the most advanced technology and equipment can have a negative impact on the health of computer and smartphone users.



According to www.statista.com, the number of households with a personal computer is growing every year.

Studies around the world have shown that the temperature, light, and electromagnetic fields in rooms where computers or other devices are installed vary significantly. Health experts say that electromagnetic radiation has a negative impact on human health.

Controversy over the dangers of electromagnetic radiation has intensified with the release of personal computers and the proliferation of mobile communications and Wi-Fi. By itself, working with a computer depends on the condition of our display, so we can sometimes choose the wrong position when working with it. It hurts our condition or our vision, because such work requires concentration. The load on the neck, eyes, back, arms and shoulders increases, all of which leads to rapid fatigue.

To protect yourself from these problems, you need to choose a comfortable position and proper lighting when working with a computer. You should also relax by doing any eye exercises or workouts. These little tips will help you avoid some problems when working with gadgets. The monitor may glow brightly, causing eye strain. Bright sources can be different light sources that are close to us.

Here are some things you can do to help prevent eye strain when using a computer.

- Make sure that the main light source does not fall on your face or directly on the computer screen.
- Tilt the screen slightly.
- Do not place the computer screen too close to your face.
- Decrease screen contrast and brightness by adjusting the controls.
- Often look away from the screen and focus on distant objects.

Let us conclude from all that has been said. Human social freedom and psychological health are increasingly dependent on his or her knowledge of information technology. It is this enlightenment that is the necessary link that gives a person many opportunities in this field without seriously harming himself. It is important to approach these technologies wisely, to evaluate all the advantages and disadvantages that they can give us.

Only when we are fully aware of this information technology will we know what to do next. People need to think about it, preferably quickly. The study of this field should bring together different disciplines. Science, such as psychology, needs to contribute to this area to prevent degraded societies.

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