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HEALTH ISSUES RELATED TO ICT

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Objectives:

To describe the potential health problems related to prolonged use of ICT

To describe simple strategies for preventing these problem

To develop understanding about ways to prevent health problems caused by ICT



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Technology in Human life



Technology has become an integral part of human life. Technology and human life cannot be separated, society has a cyclical co-dependence on technology. We use technology and we depend on technology in our daily life. Our need and demand for technology keep on rising. Humans use technology to travel, to communicate, to learn, to do business, and to live in comfort. However technology has also caused us concerns. Its poor application has resulted

into many problems like the environmental problem and it has also caused serious threat to our lives and society. This calls for proper use of technology. Improper use of technology will lead to great destruction, like the atom bombs. On the other hand it also made human life more comfortable like the invention of electricity is a boon to human. The invention of modern means of communication has made the globe a single village.

Health effects of technology

Though technology has helped us in many ways still it has certain negative effects also. It has changed our way of thinking and feeling. People are more interested in technology rather than meeting people and spending time with the

closed ones. Technology has consumed our time rather than giving us time. People are more connected through social sites rather than personal. Pollution is another problem caused by technology. The e-waste is a serious matter of con-

cern. The next major problem caused by ICT is on health of people. Health of people is harmed by the technology in many ways. People are having many physical health problem because of ICT.

SPECIAL POINTS OF INTEREST:

- ◆ HOW TECHNOLOGY AFFECTS HEALTH
- ◆ HEALTH PROBLEMS CAUSED BY TECHNOLOGY
- ◆ PREVENTION TO THESE PROBLEM

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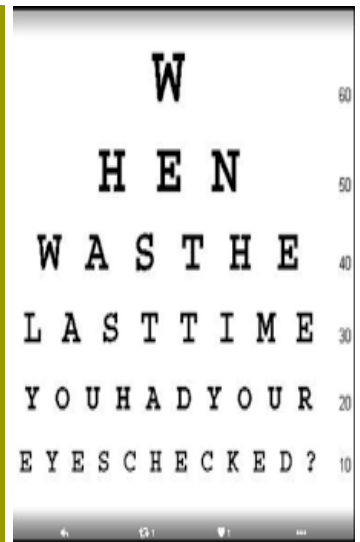
Eye Strain



One health issue that can occur after using computers for a long time is eye-strain (tiredness of the eyes).

This is caused by looking at a monitor which is at a constant distance away. The muscles that focus your eyes do not move, and so it gets tired and painful. Eye-strain can also

cause headaches. Some of the symptoms of eye strain are sore, tired, burning or itching eyes, watery or dry eyes, blurred or double vision, increased sensitivity to light, difficulty concentrating, feeling that we cannot keep our eyes open. Eye strain makes us tired and reduce our ability to concentrate.



“TECHNOLOGY IS A USEFUL SERVANT BUT A DANGEROUS MASTER.”

- CHRISTIAN LOUS LANGE

Solution

- Look away from the monitor at regular intervals – re-focus on distant or close objects to exercise the muscles in the eye.
- Take regular breaks
- Use an anti-glare filter in front of the monitor to cut down on screen reflections.
- Use adequate lighting.
- Adjusting your computer’s display settings can help reduce eye strain and fatigue.
- Exercise your eyes.
- Modify your workstation. If you need

to look back and forth between a printed page and your computer screen, this can cause eye strain. Place written pages on a copy stand adjacent to the monitor.

Back and Neck Ache



Many people suffer from back and neck pain after working at a computer for a long time. This is usually due to them having a bad sitting posture and for long duration constantly.



Solution

- Use an adjustable, ergonomic chair, and take the time to set it up properly.
- The computer keyboard and monitor should be at correct height for the seated person (keyboard lower than the elbow, top of monitor at eye level).
- Take regular breaks:

get up, walk around, stretch muscles.

The science of how we interact with the objects around us is called **ergonomics**.

An **ergonomic chair** is one that **fits the body** well, giving support to areas such as the lower back (lumbar region)



Repetitive Strain Injury (RSI) in Wrists and Hands

Any repetitive movement (same movement over and over again) can result in a health problem called repetitive strain injury (RSI). In particular, typing and using a mouse for long periods are common causes of RSI in

the wrist (it is often called carpal-tunnel syndrome). Some of the symptoms are burning, aching or shooting pain, tremors, clumsiness and numbness, difficulty with even normal activities like opening doors, chopping vegetables etc.



“WHILE TECHNOLOGY IS IMPORTANT, IT'S WHAT WE DO WITH IT THAT TRULY MATTERS.”

- MUHAMMAD YUNUS

Solution

- Use a wrist-rest to support the wrists while typing and when using the mouse.
- Take regular breaks from typing or using the mouse.



Ozone irritation

Ozone emitted from laser printers can lead to breathing problem. Some of the symptoms are coughing, throat irritation, pain, burning, or discomfort in the chest when taking a deep breath, chest tightness, wheezing, or shortness of breath. It also increase asthma attacks and decreases lung function.

Ozone is an oxygen molecule with three oxygen atoms (O_3) instead of the usual two oxygen atoms (O_2). Some people are sensitive to ozone, it can irritate the eyes, nose, throats and lungs. Exposure to ozone can also cause headaches and dryness of the eyes, nose and throat.

To protect computer users from the adverse effect of ozone, a personal laser printer should be located at least one meter away from their workstation and the room should be well ventilated

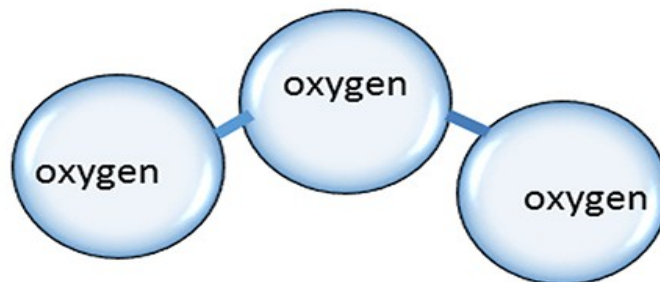


**“MEN HAVE
BECOME THE
TOOLS OF
THEIR TOOLS.”**

**-HENRY DAVID
THOREAU**

Solution

It is recommended that laser printers should be situated at least one meter away from where people are sitting and there should be good ventilation in that area



Ways to prevent the problems related to

**Happy people
are fun
to be with.
BE ONE.**

*USE COMPUTERS
WISELY,
DON'T LET IT
RULE YOUR
HEAD.*

**MAN IS STILL
THE MOST
EXTRAORDINARY
COMPUTER OF
ALL.**

ICT has definitely made our life much comfortable and easier but it is also having many problems along with it. It is causing many physical and mental health problems. We also cannot deny the fact that it is also used positively in health related issues. We need to understand that we are the master of this technology and they are not our master. We need to use the computer wisely as and when required and follow a healthy life style.

HOW ICT HAS AFFECTED US

LINK 1 : <https://www.youtube.com/watch?v=jqvtImP7CTE>

LINK 2: <https://www.youtube.com/watch?v=PcsoeDpUSrs>

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