

## **Тема занятия: «Угрозы для здоровья при работе за компьютером»**

**Цель занятия:** выучить новый лексический материал по теме «Угрозы для здоровья при работе за компьютером»; совершенствовать навыки чтения и перевода текста профессионального направления; систематизировать знания, ответив на контрольные вопросы по теме занятия.

Уважаемые студенты! Ознакомьтесь с материалами практического занятия на тему «Угрозы для здоровья при работе за компьютером». Конспект занятия выполняйте **в рабочей тетради письменно, обязательно указывая дату занятия, тему занятия, номер упражнения.** Ответы предоставить преподавателю на проверку **до 30.01. 2023 г.** в электронном виде (**фотоотчёт**) на e-mail [mikagol2605@mail.ru](mailto:mikagol2605@mail.ru). Телефон преподавателя для консультации и возникающих вопросов: 072-14-15-816.

С уважением, Голодюк Марина Викторовна.

- 1. Запишите новую лексику в словарь, выучите новую лексику.**
- 2. Прочитайте и устно переведите текст «Health risks while working at the computer».**
- 3. Выполните письменно задания к тексту.**

### **Health risks while working at the computer**

#### **Vocabulary:**

computer-related Repetitive Strain Injury – травма от повторяющихся деформаций

eye strain – напряжение глаз

preventing – предотвращение

curing – лечение

easy precautions – простые меры предосторожности

The more hours a day you spend at a Computer the more you risk developing a computer-related Repetitive Strain Injury (RSI), which can include Carpal Tunnel

Syndrome, Bursitis and Tendonitis. Using a Computer can also cause back pain, eye strain, headaches and very serious health issues related to sitting down all day.

It is generally accepted that preventing these problems is a lot easier than curing them, so it is worth while taking a few easy precautions and learning about workstation ergonomics and the strain we place on our bodies, not just our arms, wrists and backs but also on our hearts, circulation and metabolism.

Workstation Ergonomics are basically the position of your PC Screen, keyboard and mouse in relation to your body. Poor work station ergonomics may lead to injuries - yes, really!

*1. Your Computer Monitor should be an arm's length away from you*

"But I work with a laptop!" I hear you cry.

Laptops are made for temporary use, while you are on the road away from your office. If you do not want to go to the expense of having a PC AND a Laptop, then consider investing in a separate monitor, keyboard and mouse when using the laptop when you are not travelling.

This will enable you to position the screen, keyboard and mouse in the best positions to reduce the likelihood of injuries.

There are some excellent (and inexpensive) wireless keyboards and mice available. I even use them for my PC these days; it makes for less of a tangle of wires on my desk.

*2. The top of the monitor should be roughly level with your eyes and directly in front of you.*

If you need to raise the height of your monitor, you can buy a monitor stand, or do what I do, have a shelf at the back of the desk that is specifically for the monitor.

Do not have your monitor placed at an angle or off to one side, which means you cannot sit straight at your desk.

*3. Your back should always be well supported by your chair*

Sit up, don't slump or round your shoulders.

**Выпишите основные правила безопасной работы за компьютером.**