



06. TECHNOLOGY AFFECTS OUR HEALTH

M6U3P6

HOW DOES THE TECHNOLOGY AFFECT OUR HEALTH?



- Today, we spend a lot of time in front of a computer and mobile phones than we did in the past
- If we sit for a long time in a posture that is not correct it will result in muscle inflammation and pain in various parts of the body such as back, shoulders, arms and wrists
- This can also cause deformations in the bones and stiffness in muscles
- These symptoms are called “office syndrome”



OFFICE SYNDROME

- Office Syndrome refers to a group of various symptoms including the inflammation of neck, shoulder and back muscles
- These symptoms are caused by repetitive muscle strain during long period of unhealthy positions such as sitting in front of a computer screen for several hours
- These symptoms can be prevented by adjusting the correct sitting posture and using the computer in a correct way



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อาการที่บ่งบอกว่า คุณเป็นโรค Office Syndrome



1



ปวดหลัง

เมื่อนั่งเป็นเวลานานๆ

2



ปวดไหล่

3



ปวดคอ

4



ปวดหัว

5



ปวดตา

6



ปวดข้อมือ



CORRECT SITTING POSTURE

COMPUTER WORKSTATION ERGONOMICS

MONITOR

Adjust distance and height: top of the monitor at eye-level and slightly tilted.

18/24 in (45-70 cm)

ARMS

Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

CHAIR

Should have a backrest and armrests, adjust height.

LEGS

Thighs parallel to the floor.

FEET

Parallel to the floor, use a footrest if necessary.





NECK
SHOULDER
LOW BACK
WRISTS



WRONG SITTING POSTURE

MONITOR
Adjust distance and height; top of the monitor at eye-level and slightly tilted.

ARMS
Relax shoulders, forearms parallel to the floor. Minimal bend at the wrist.

CHAIR
Should have a backrest and armrests, adjust height.

LEGS
Thighs parallel to the floor.

FEET
Parallel to the floor, use a footrest if necessary.



18/24 in (45-70 cm)

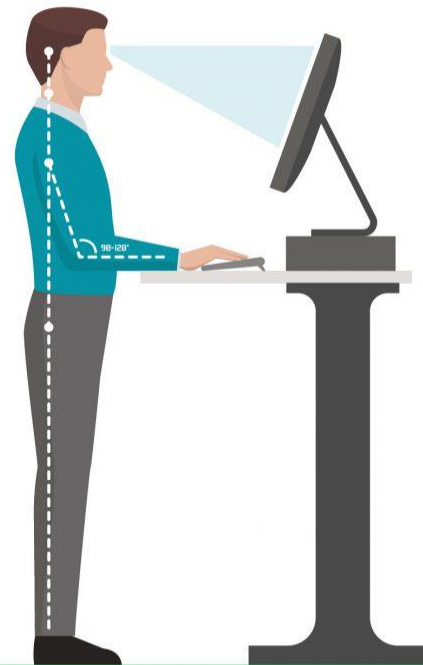
90-120°

90-120°

90-120°



CORRECT SITTING POSITION



CORRECT STANDING POSITION



correct



incorrect



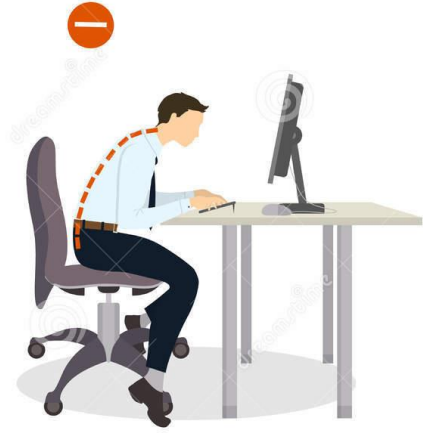
incorrect



INCORRECT

INCORRECT

INCORRECT

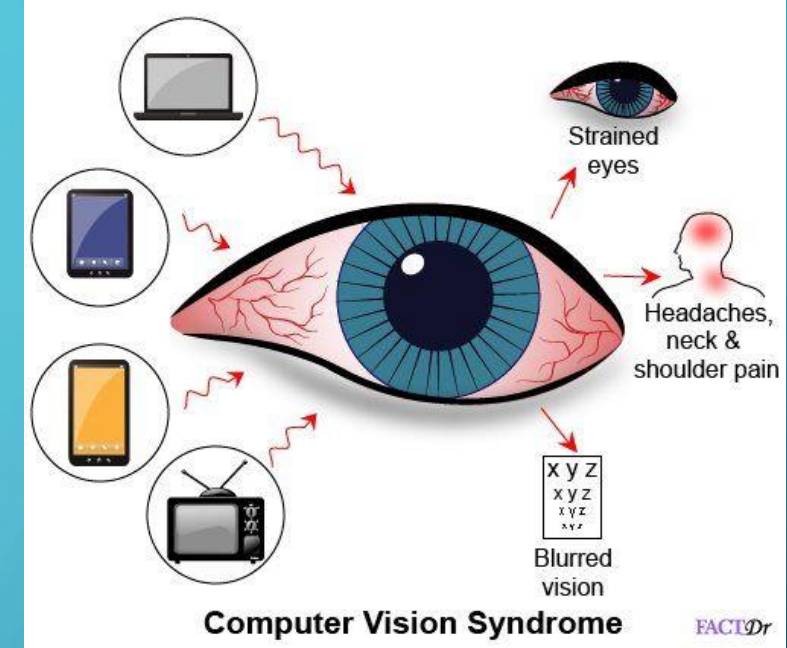


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COMPUTER VISION SYNDROME (CVS)

- Computer vision syndrome, also referred to as digital eye strain, describes a group of eye- and vision-related problems that result from a long computer, tablet, e-reader and cell phone use
- The level of discomfort appears to increase with the amount of digital screen use



Symptoms



Eye Fatigue



Itchy Eyes



Dryness



Blurred Vision



Double Vision



Headaches

The 20-20-20 Rule - Prevent eye strain



Every **20** minutes take your eyes off your computer

Take a break for **20** seconds



Look at something **20** ft away



www.thailandmedical.news

TIPS ON HOW TO PREVENT OFFICE SYNDROME AND CVS

- Frequent blinking while working on the screen or use eyedrops
- Adjust the work area and place the screen so there is no reflection into the eyes
- Use 20-20-20 rule
- Sit properly
- Stretch every now and then

- Either follow these steps or you can find videos on YouTube

Office Stretching Exercises

Stretching should be performed slowly without bouncing or jerking. As you stretch, the tension should begin to ease. After this, you can gently begin to increase the stretch.



- Hold on to the base of the chair
- Bring ear to shoulder until you feel a slight tension
- Hold till tension begins to lessen and gradually increase the stretch
- Hold for 10 seconds
- Repeat on other side

- Turn your head to the right and look downwards
- Hold for 5 seconds, increasing the stretch slowly
- Hold for 5 seconds
- Repeat on other side

- Interlock fingers and turn palms upwards
- Straighten arms and stretch upwards
- Expand chest by compressing both shoulder blades together backwards
- Hold for 10 seconds

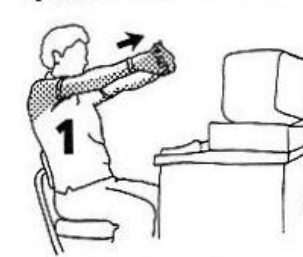
- Interlock fingers and push hands forward with palms facing outwards
- Feel the stretch between the shoulder blades
- Hold for 10 seconds

- Sit upright, tummy in
- Rotate body, bringing arms across
- Keep position for 5 seconds till you feel a gentle stretch on the spine
- Repeat on other side

Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds

office workout



4 Office Posture Exerci

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Back Intelligence

Medical Disclaimer: Nothing poste substitute for advice from your ph

4K



5 Minute Office Break \ Low Impact Movement

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Thanks for showing up today! Gre consult with your physician before

4K



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0:02 ALLBLANC TY OFFICE WORKOUT 1. KICK BACK 2. SIDE KICK 3.



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Two Minute Moves

If you're at work and you start to feel your energy drop and you're thin that third cup of coffee or a sugary snack to keep ...



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Office Syndrome WorkOut (ท่าบริหารป้องกันโรค



ANY QUESTIONS?



THE END