

Answer Sheet for Chapter 7: Computers and Health (Pages 23–27)

Based on the content of Chapter 7 only.

Fill in the Blanks

1. Tendonitis
2. Carpal tunnel syndrome
3. Lack of rest
4. Ergonomics
5. Neck strain

True or False

1. True
2. False – repetition, bad posture, and lack of rest all contribute to RSI.
3. False – tendonitis causes extreme pain extending from the forearm to the hand.
4. True
5. True
6. True
7. False – there is a link between certain mental illnesses and internet addiction.
8. False – reduction in building construction is a positive effect of technology.
9. True
10. True

Multiple-Choice Questions

1. b) Tendonitis
2. d) Extreme pain in the forearm
3. a) Musician
4. d) All of the above
5. a) Depression

Short-Answer Questions

1. a) Tendonitis and Carpal Tunnel Syndrome
b) Repetition, bad posture, and lack of rest
c) Take frequent breaks, use wrist rests, use adjustable keyboards and mice.
2. a) Computer Vision Syndrome is a range of problems caused by focusing on screens for long periods.
b) Sore eyes, blurred vision, headaches, difficulty focusing.
c) Take breaks, reduce glare, adjust screen brightness and position.
3. a) Looking down at a laptop or holding a phone between neck and shoulder.
b) Use lower back support, raise laptop to eye level, take short breaks for shoulder rolls.
4. a) Poor posture and poorly designed furniture.
b) Use an adjustable chair, stretch your back, and take short breaks.
5. a) Depression, low self-esteem, loneliness.
b) Reduce internet use and spend more time in face-to-face conversations.

Research Questions

1. a) Typists, cashiers, and assembly line workers.
b) Tendonitis or Carpal Tunnel Syndrome.
c) Typists tend to have the highest rate of RSI.
2. a) Ergonomic keyboards, mice, and chairs.
b) Companies: Logitech, Microsoft, and Herman Miller.

Crossword Answers

Across:

4. Healthproblem
6. Tendonitis
7. Depression

Down:

1. Addiction
2. Ergonomics
3. E-waste
5. Tinnitus