Computer Health and Ergonomics

Computer Ergonomics · Answer Key · 20 Questions

1. Which part of the human body is most commonly affected by repetitive clicking of a computer mouse?

A) The wrist
B) The kneecap
C) The ankle
D) The ear

2. What is the recommended distance to keep your eyes from a computer screen to reduce strain?

A) 5cm
B) 50cm
C) 500cm
D) 5000cm

3. Which body part should remain flat on the floor while sitting at a computer desk for proper posture?

A) The head
B) The shoulders
C) The feet
D) The elbows

4. Which condition describes pain or numbness in the wrist often caused by improper keyboard use?

A) Carpal tunnel syndrome
B) Common cold
C) Sunburn
D) Broken tooth

5. What health benefit does blinking frequently have when looking at a digital screen?

A) It stops weight gain
B) It keeps the eyes moist
C) It improves hearing
D) It strengthens teeth

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6. Which muscle group is most impacted by 'tech neck' caused by looking down at screens?

A) Neck muscles
B) Calf muscles
C) Toe muscles
D) Tongue muscles

7. What is the primary human sense used to operate a computer keyboard?

A) Smell
B) Taste
C) Touch
D) Hearing

8. To maintain good health while working on a computer, how often should you generally take a short break to stand up?

A) Every 10 seconds
B) Every hour
C) Every week
D) Every month

9. What organ is responsible for processing the visual information received from a computer monitor?

A) Heart
B) Brain
C) Stomach
D) Lungs

10. Which body part should support your back to prevent slouching at a computer?

A) The chair backrest
B) The desk surface
C) The keyboard
D) The monitor stand

11. Extended use of computer screens can lead to digital eye strain, which may result in which symptom?

A) Increased hair growth
B) Headaches
C) Stronger muscles
D) Enhanced smell

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12. What is the most effective way to help your eyes recover during a long computer session?

A) Staring at the sun
B) Looking away at distant objects
C) Closing your eyes for an hour
D) Drinking water

13. When typing, where should your elbows be positioned to maintain a healthy posture?

A) Above your head
B) Tucked behind your back
C) At a 90-degree angle
D) Locked straight out

14. What is the term for the study of designing equipment to fit the human body's needs?

A) Biology
B) Ergonomics
C) Chemistry
D) Physics

15. Which physical ailment can occur from resting your wrists on a hard desk edge while typing?

A) Pressure on nerves
B) Increased blood flow
C) Stronger bones
D) Better memory

16. What is a healthy way to position a computer monitor relative to your eye level?

A) Below your knees
B) At or slightly below eye level
C) Hidden under the desk
D) On the ceiling

17. Which part of the body is used to press the 'Enter' key?

A) The finger
B) The nose
C) The elbow
D) The knee

18. What is the biological reason we need to take breaks from screens?

A) To avoid sleepwalking
B) To reduce fatigue in eye muscles
C) To stop growing taller
D) To increase appetite

19. Which activity helps maintain circulation in the legs while sitting at a computer?

A) Staying perfectly still for hours
B) Occasional stretching
C) Holding your breath
D) Wearing heavy boots

20. What is the purpose of an ergonomic mouse?

A) To play louder music
B) To fit the hand's natural shape
C) To glow in the dark
D) To connect to a printer

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