Homework 5: Health and safety

1. Fill in the blanks in these Health and Safety statements on the effects of a poor ergonomic workstation on a computer user.

 Use these words; each will be used only once. [10 marks]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| RSI | headaches | height | light | posture |
| monitor | back | eyestrain | wrists | flat |

1. Back rest on chair should be adjustable to avoid \_\_\_\_\_\_\_\_\_\_\_\_ pain.
2. Arms should be at right angles at the elbow in order to raise the \_\_\_\_\_\_\_\_\_\_\_\_ above the keyboard. Inappropriate positioning could cause \_\_\_\_\_\_\_\_\_\_\_\_.
3. The \_\_\_\_\_\_\_\_\_\_\_\_ should be on a tilt and swivel base, and be positioned at eye-level, otherwise this can cause \_\_\_\_\_\_\_\_\_\_\_\_.
4. Workstation should be placed away from reflecting \_\_\_\_\_\_\_\_\_\_\_\_ or fitted with a non-reflective shield to avoid \_\_\_\_\_\_\_\_\_\_\_\_ and eyestrain.
5. Feet should be positioned \_\_\_\_\_\_\_\_\_\_\_\_ on the floor, or on a foot rest.
6. Chairs and desks should be \_\_\_\_\_\_\_\_\_\_\_\_ adjustable in order for a computer user to find the optimum position and maintain good \_\_\_\_\_\_\_\_\_\_\_\_.

2. Fill in the missing words from the following passage. [10 marks]

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| landfill | batteries | valuable | disposal | pollute |
| Toxic | gadgets | e-waste | electronic | circuit boards |

 Electronic waste, or \_\_\_\_\_\_\_\_\_\_\_\_ is becoming a rapidly growing problem. The world’s insatiable appetite for technology is continuing to grow at an alarming rate as people use an increasing number of electronic \_\_\_\_\_\_\_\_\_\_\_\_ such as mobile phones, MP3 players and even washing machines. The \_\_\_\_\_\_\_\_\_\_\_\_ of these items when their use has expired needs to be considered more seriously. Discarding \_\_\_\_\_\_\_\_\_\_\_\_ products

into general waste, means it ends up as \_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_ materials, such as lead, mercury and cadmium, used in the production of \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ can leak into the surrounding environment and \_\_\_\_\_\_\_\_\_\_\_\_ groundwater. Some of the materials used are very \_\_\_\_\_\_\_\_\_\_\_\_ and it is estimated that there is about £35 billion worth of gold, copper and palladium buried in ‘urban mines’ where e-waste has been dumped.

 [Total 20 marks]