Ergonomics is often one of the most overlooked health concerns within the office. While there are OH&S regulations for lifting, moving heavy objects, and safety when working with chemicals and how ergonomics and technology combine to help health best practices

While more enabled user-friendly GUIs, thus making computers accessible to more people than ever, they also caused a significant increase in repetitive strain injuries (RSI). Mainly caused by poor repetitive strain injury (RSI) or using a mouse with a computer while adopting the increased incidence of rsi (repetitive strain injury)

This condition is called digital eye strain, also known as computer vision syndrome and visual fatigue. To celebrate this year’s World Sight Day on October 13, the International Agency for the eight ways to prevent eye strain from computer screen

Muscle strain injuries occur when muscle is elongated passively or activated during stretch. Eccentric contraction of the muscle contributes to injury by generating high muscle forces during muscle strain injuries: research findings and clinical applicability

Adopt a 20-20 minute policy which means that after every 20 minutes of screen work, take a 20 seconds break from the screen, says expert computer vision syndrome in young working adults: expert shares tips to protect one’s eyes

Concussion-related vision and vestibular symptoms typically include headache, dizziness and balance problems, eye strain, and intermittently in physical contact sports. Overuse injuries can be computer vision syndrome in young working adults: expert shares tips to protect one’s eyes

3 rules for working out when you have an injury Recognizing an injury is step one. Treating the injury is step two. Preventing it the next time is step three. Left undiagnosed, repetitive use injuries become more severe, and recovery takes longer. tips from a sports medicine doctor to avoid running injuries

But a second injury to the head before the brain has had time to completely recover can be fatal sometimes. Second impact syndrome (SIS), also known as repetitive head injury syndrome concussion controversy: traumatic brain injury gets more attention after nfl player incident

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