

How to prevent harms when using a long-term laptop

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The following harms and precautions will help you understand the problem of using a laptop properly, so that it suits your health for a long time when using a laptop:

1 / How does the screen and electric radiation from the laptop affect the eyes?

Several decades ago was the peak of the **CRT** (*Cathode Ray Tube*), this monitor uses a fluorescent layer to display pixels, and the CRT discharge tube will create The electron beam hits the fluorescent screen to display the desired pixels. Because of this principle, CRT screens are very dangerous to human health because in order for the pixels to glow in the right colors to be displayed, electrons need to be applied to them to produce light emission. Electrical radiation flow is also emitted around affecting the eyes, ears, and heart of long-term computer users.

Today, the laptop screen has been switched to **LCD** (*Liquid Crystal Display*) , with this screen, computer users are protected more safely than CRT, but they still emit radiation at low enough to damage your health - including the electromagnetic field emitting screen (*EMF - Electromagnetic Field*) with a wavelength of 50 ~ 60 GHz or higher.



Magnetic radiation from CRT monitors



LCD laptop screen has lower radiation from

Not only from computer screens, electromagnetic fields (*EMFs*) from electronic devices inside laptops also create strong electromagnetic fields and are dangerous when we work long.

According to research by scientists, the electromagnetic field has a measurement of 2 ~ 3 milligauss (*mG*) which is a limited, upper-level exposure that begins to harm the organism, is linked to cancer and body immune systems.

The initial signs of overexposure to EMFs, including dry, red eyes, will sometimes feel like the objects around you are blurred because you have to focus on looking at the small screen, muscle pain, and insomnia. , stress and fatigue.

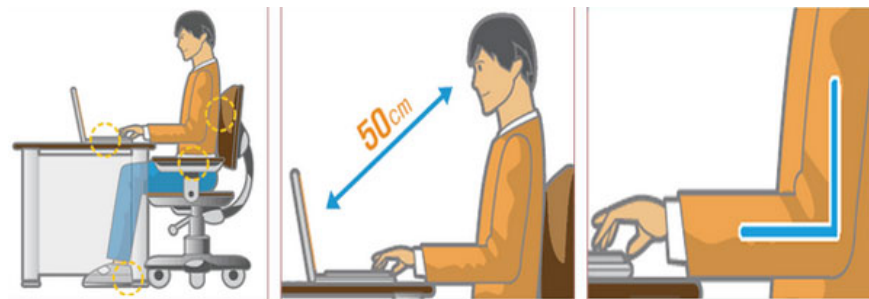
Keeping a reasonable distance, avoiding continuous viewing on the screen and increasing the font size on the screen is also a way to help you feel comfortable, not to strain your eyes to focus and without looking at the screen to help avoid Electric radiation must be exposed for a long time.

Looking too close to the screen in the wrong position makes the eyes easy to get tired and dim. Looking too close to the screen in the wrong position makes the eyes easily tired and dim



Looking too close to the screen in the wrong position makes the eyes easy to get tired and dim

Sitting in the right position, keeping a reasonable distance to help you work comfortably Sitting in the right posture, keeping a reasonable distance to help you work comfortably Sitting in the right position, keeping a reasonable distance to help you feel comfortable when working



Sitting in the correct posture, keeping a reasonable distance makes it easy to work
(The back is straight, the eyes look slightly tilted at the screen 50cm, the elbows are set at 90 degrees)

2 / Pain in shoulder, neck and neck:

The first reason comes from a laptop computer with a screen and keyboard attached to each other so they are so close to each other that when users put the tabletop on the table, they must bend down to observe, neck muscles strain and force of the head when bend, for a long time will cause pain, fatigue. In the long run, it will lead to neck muscle pain, worse than inflammation of the neck vertebrae.

Because of the convenience of laptops, people go "backpacking", traveling, going to school, they also carry backpacks on their shoulders, hands that are placed incorrectly will make the shoulders rise continuously causing shoulder pain. In addition, the small laptop keyboard makes us have to direct our arms to the middle and the shoulders are "compressed" in the long term, the shoulders are no longer in the normal position and we will feel tired quickly after a short period of time. . In addition, when using a laptop, users tend to forget the correct body postures because they were only engrossed with the screen.

The long-term solution for us is to be able to find a larger screen that connects to the laptop for higher visibility, or the screen has to lean back so that the head does not bend over to look, the keyboard is larger for posture. press the keys and hands more widely, helping the shoulder always in the most normal position.





Pain in the shoulders, neck and neck due to sitting in the wrong position
Sitting in the right position will help the body to be flexible

3 / Pain in the wrist and spine

As mentioned above, because the screen and keyboard are too close to each other, the screen should be set to the right level, your hands must be raised too high or far away, causing fatigue, and vice versa if you leave your hands and wrists comfortably then your head and neck suffer. This really happens when we choose to use a laptop instead of a desktop computer .

Keyboards are small compared to our hands and especially for those with large hands, it is more difficult to manage between the keyboard and the *touchpad* . Both of these factors make us realize that using a laptop is also uncomfortable for people who sit and work continuously at the office for hours.

One of the most effective remedies is to use a peripheral device such as a separate keyboard and mouse to make sure you are in a comfortable position when working for a long time. Pay attention to rest for 5 ~ 10 minutes after every hour of work, exercise exercises to stretch your fingers, muscles of your arms and wrists.



Wrist pain because of a small laptop keyboard Use peripheral devices (if possible)

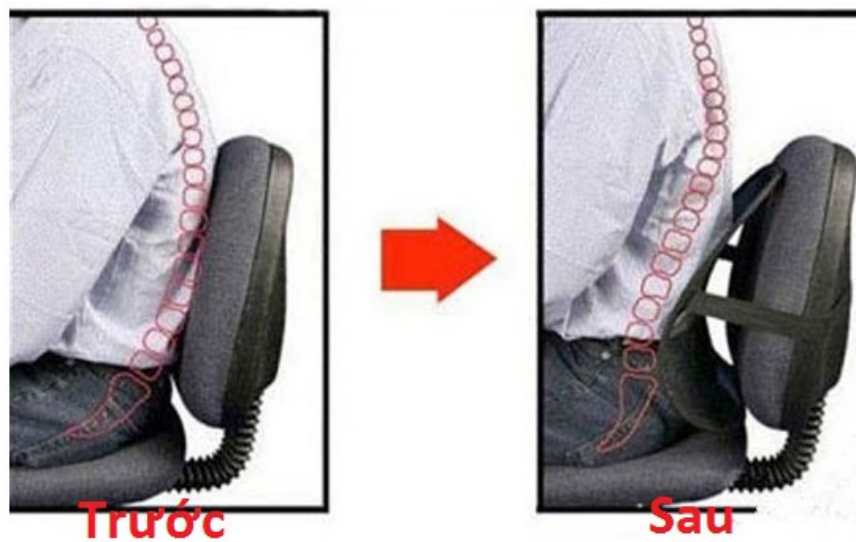




Relax after every hour
Hand strain to avoid pain

When you use a laptop for an extended period of time, it will cause the neck and spine curves to curve and affect the spring mechanism of the intervertebral disc, the folded spine and the vertebrae as well as the catch disc. early degeneration. Many times this can cause pain and degenerative vertebrae will insert nerve and spinal cord. This can lead to arthritis and damaged, very dangerous nerves.

You can use a small pillow inserted behind your back or use a backrest net (available in supermarkets) to line and lift the spine bone straight up, reduce the load on the vertebrae, avoid spinal degeneration after that.



Sitting for a long time with back pain, spinal degeneration Use the backrest plate to keep vertebra vertically

4 / Laptop and risk of infertility in men

According to the World Health Organization, if a man's sperm count is less than 20 million in a milliliter, he is considered at risk of infertility. Low sperm count, or oligospermia, is one of the most common causes of male infertility. There are a number of factors that can lead to low sperm count, including frequent exposure to excessive heat.

Research shows that after sitting with a laptop in the lap for 15 minutes, the scrotum temperature of men has increased by 1.8 degrees and increased by 2.8 degrees after just an hour. Whenever a warmer temperature affects sperm count, every sperm increases by 40%.

Heat effects that adversely affect the testicles can be caused by exposure to things like saunas, hot tubs, heating blankets, even water pads .

In addition, exposure to heat for a long time, such as in occupations that involve many hours of sitting, can lead to permanently impaired fertility.

(*Example: A truck driver or taxi driving for two hours, the scrotal temperature rises to 2.2 degrees, putting the risk of low sperm count.*)

Currently, many young men and even adults have the habit of putting the computer on their lap (the *lap*), the heat from the battery and the heat sinks immediately will reduce the production of sperm. coincide. It is very dangerous if within 5 years ~ 10 years they get married, the ability to have children will be greatly affected.

It is believed that sperm recovery is most rapid within a week. However, research has shown that sperm production is a process that requires about three months, which indicates even if there is a factor that causes sperm production with the number of pots. Usually at least within three months it is not possible to reproduce again.

Therefore, it is important for men to want to " *show a man's character* " later on, consider the effects of prolonged exposure to heat. The best way for a man to protect his fertility is to avoid high-temperature situations whenever possible.



Male infertility can occur when using a laptop regularly on the lap

In short, to minimize the harm from using a laptop, note:

1. Set the monitor so that the eye level is horizontal and avoid the head from falling forward, at least 50cm away.
2. Use larger screen or large font.
3. Sitting in the most comfortable position, you can use a chair to support your back.
4. One hour should relax a bit so that the stretched muscles have a rest period, which can combine mid-hour exercise.
5. Drink plenty of water to help dry your eyes and the disc is lubricated.
6. Do not leave your laptop on your lap if you don't want to "regret" later.
7. There are no dangerous statistics for women when putting laptops on their lap for a long time, however, pregnant mothers should be careful because WiFi waves or electromagnetic fields can affect the fetus in the abdomen.

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