

## The left side of the laptop

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**Modern life has made laptops become an important and sometimes important tool for entrepreneurs. In addition to convenience, the laptop is identified as a potential health risk, if users abuse it.**

### Fatigue syndrome

According to health experts' analysis, based on the standard labor protection requirements for computers in general, it can be seen that the abuse of laptops will lead to pain.



Because it is designed to cater to the mobility needs, the laptop has a keyboard and screen that go hand in hand. Laptop users have to look closer to the screen to cause eye strain, besides the laptop keyboard is smaller than the desktop keyboard, so when used regularly, it will cause tired wrists and fingers . The proximity of the keyboard and monitor makes the user only two choices and equally harmful. If the arm is comfortable, the device must be low, so that the neck must bend down to look at the screen, and if the screen is set to the eye level, the shoulders and arms will have to rise very high and tired. While working with desktop computers, the screen and keyboard are separate so users can arrange for the top edge of the screen to be at eye level and the keyboard at this position 50cm below, creating comfort maximum roof.

Research at the Institute of Labor Science - Ohio University (USA) shows that notebook users will experience more frequent aches and pains in many parts of the body than using a desktop computer. Therefore, health experts recommend that laptops should only be used when traveling a lot.

## **Affects male fertility**

The important recommendation for men is that there is a risk of losing fertility when using the laptop improperly. Habits of many Laptop users when having to go to work, often have to use Laptops on cars or airplanes . they usually put the machine on their thighs or between their thighs and abdomen to work. And it was the temperature emitted from the Laptop that destroyed all the 'soldiers' from the moment they were born. With the body, the temperature of maintaining stability and development is 37 degrees, in 'sealed' areas the temperature may be higher than 0.2 degrees; If the temperature is only higher than 0.5 degrees, it affects the reproduction of reproductive cells, especially men.

The fact that gentlemen put laptops on their thighs often lasts about 30 minutes or longer has caused the temperature in this area to increase not only 0.5 degrees but sometimes to 1 degree, which affected To men's reproductive health, 'sperms' die immediately after birth, even if prolonged, they may be infertile because reproductive organs cannot produce them anymore.

Health experts warn, the higher the laptop speed, the faster the speed of the RAM means to generate a significant amount of heat, so it is even more harmful. A desktop PC with a wide space inside and a strong fan will cool itself easily, but a compact laptop can hardly do that.

In particular, health experts recommend teenagers, so limit the placement of laptops on the abdomen and thighs, as for younger people, the consequences of overheating the laptop may be longer. And the more you need to avoid using wireless services to play games or do other things if you don't want future reproductive health problems.

## **Risk reduction**

Proper use: The position of using a laptop is as important to health as any other posture. But many people are not aware of the potential risks of laptops. Everything wrong with normal physiological posture causes skeletal muscle distortion and causes pain, which can lead to damage . The advice of osteoarthritis doctors is if it is necessary to use a laptop instead of a machine For desktops, you should use dedicated racks, keyboards and removable mice. At that time, you can arrange a laptop like a desktop, with the screen at eye level, hold your neck, arms and wrists in the most favorable position when working (hold your arms and hands at natural location). Using liners and liners, special types of fans with fans should be found to reduce the risk of laptop heat, sometimes the heat of the computer can burn if you don't. I mean.

After every 30 - 60 minutes working with the laptop, you must also take a few minutes to relax and relax the face from the heat of the screen and the radiation from the computer screen. Do not abuse the portability of a laptop, but carry around with you everywhere. It is important not to forget the end of work hours.

Do not leave your device on your thighs: Scientists recommend, immediately abandon that work routine, if you do not want your reproductive health problems. Many people have a habit of putting the machine on their thighs to work on business trips or outdoors or in bed to make it convenient, without knowing that, when users often put the device on their thighs, this heat will impact bad on the body, especially for men. If you must use it on your lap, place your laptop on a dedicated tray, or at least a thick magazine between your device and your feet.

Do not place the device directly on the table: When placing the device directly on the table, it will be very difficult to heat because there is no free space. Moreover, the temperature in our country is high so the machine needs to be cooled regularly. Therefore, if the heat is not drained, all operation of the machine may be stalled as if the device hangs continuously. When encountering this case, many people said the reason is: the memory

contains too much data, software errors, virus infections . but few people know that one of the reasons is also because the machine is too hot to not heat .

The laptop's cooling fan sits slightly on the side near the bottom near the bottom of the machine. To overcome this problem, you should create a cool space between the machine and the tabletop by simply placing the machine on two sturdy books at both ends to create a space in the middle. Or, more amazingly, you can use the fan removal technique and put it out for the fan to run continuously.

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