

# How do we know about this?

We have researched more than a thousand students from various high schools in the Cape Metropolitan region. We have used special equipment and questionnaires to measure the use of computers among high school students.

In future we are going to do more research and use more specialized equipment than before.

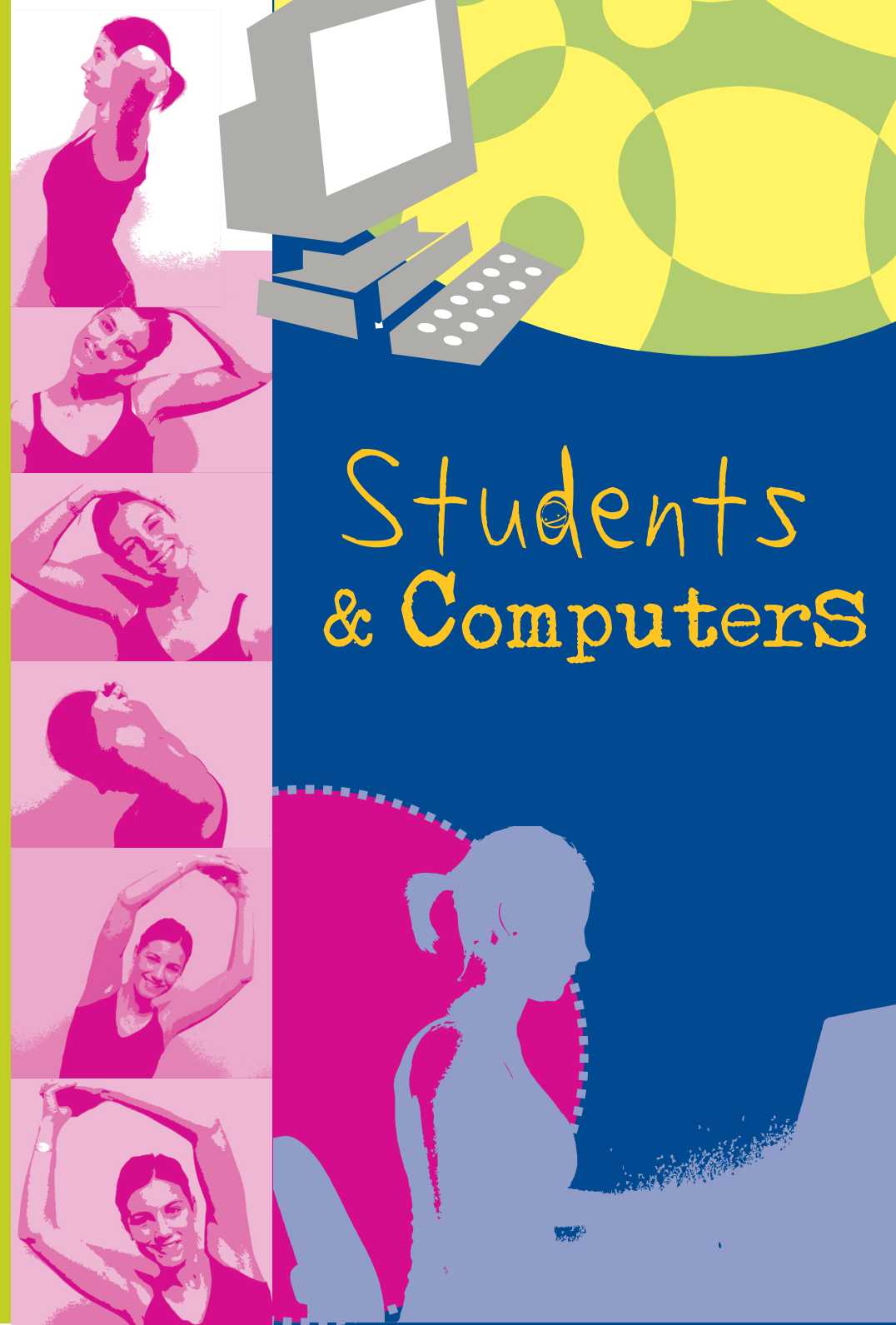
See you soon in the computer classroom!

**If you want to know more about the best way to use your computer then:**

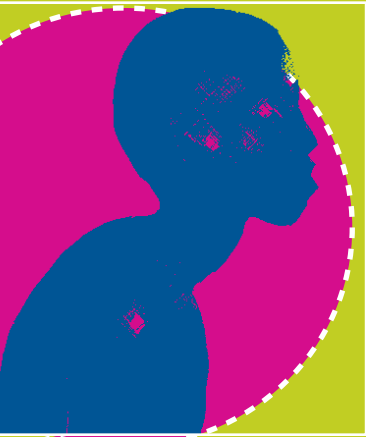
- **Email us at the**  
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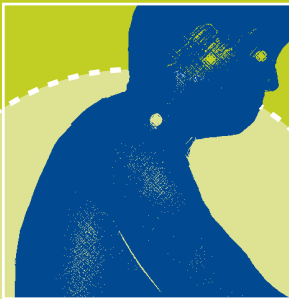


# Did you know that...



- when you sit at a computer with you head backwards like this

- or with you head forwards like this



- you could experience neck, shoulder or arm pain
- sitting at a computer for longer than 8.5 hours per week can give you neck pain or discomfort



- when you are sitting at a computer your posture can become like this after only 10 minutes



- these kind of postures lead to headaches, neck, shoulder and arm pain

# What can we do about it?

- Sit up straight with  
buttocks and upper back against the backrest  
feet flat on the floor  
elbows bent at 90°  
eyes straight ahead focused on the computer screen  
chin slightly down



- Use the computer for no longer than 40 minutes per session OR 70 minutes per day
- Take regular breaks (every 20 minutes)
- Do stretches for your neck and arms
- Exercise your eyes. Look away from the screen and focus your eyes on a distant sign / object
- Remind each other to follow these guidelines