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Subject - ICT	Week – 19th Week
Grade - 06	Prepared - M.M.S.B Megasooriya

Correct posture of computer use

It is a common occurrence to have various health problems due to not maintaining proper posture while working with the computer. Many illnesses are caused by poor posture. So we need to practice habits from an early age to maintain the correct posture.

Join.

Column A	Column B
Correct posture to use when using a computer	**Problems with not maintaining the correct posture**
• Keep the computer screen at or slightly below eye level • Keep the keyboard and mouse straight at the elbows • Sit with your back straight and leaning back in your chair • Keeping the feet perpendicular to the ground	• Discomfort in the feet • Eye pain • Pain in the shoulder from head to toe • Back pain