

#WomanExpert'sView

Monitor Window on the world or source of illness? (1)

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**PHYSICAL HEALTH
IN WORKING REMOTELY**



#WomanExpert'sView

Do you work on a laptop or a desktop computer? Do you feel pain in your back, head and neck? Do your eyes water and are your shoulders tense?



#WomanExpert'sView

You don't have to take pills or run to a doctor. Try applying these tips!

The first part will concern working on a laptop and the second one – on a desktop computer.

?

**How to work
on a laptop
and stay
healthy?**



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01.

**Don't work everywhere
(in a car, on a couch, on the floor).
Create your own workplace!**

It's an investment for the future!

02.

Take your laptop off your lap.

**Do you know that our body
absorbs the radiation it emits?**

Polish Central Institute for Labour Protection –
National Research Institute (CIOP-PIB) published
a model of how this radiation influences the human
body. You can learn more on the next page.



Learn more!



Picture 01.

Spread of electromagnetic radiation emitted by a Wi-Fi or Bluetooth aerial.



Picture 02.

Absorption of electromagnetic energy when working with a laptop on your lap*.



Pictures based on the model created by CIOP-PIB:
<https://tiny.pl/cc89l> [accessible on: 27.07.2023]



Learn more!

Excessive electromagnetic radiation can disturb the work of medical implants and have other thermal effects.



Learn more!

Furthermore, long-term exposure to this radiation can be carcinogenic.



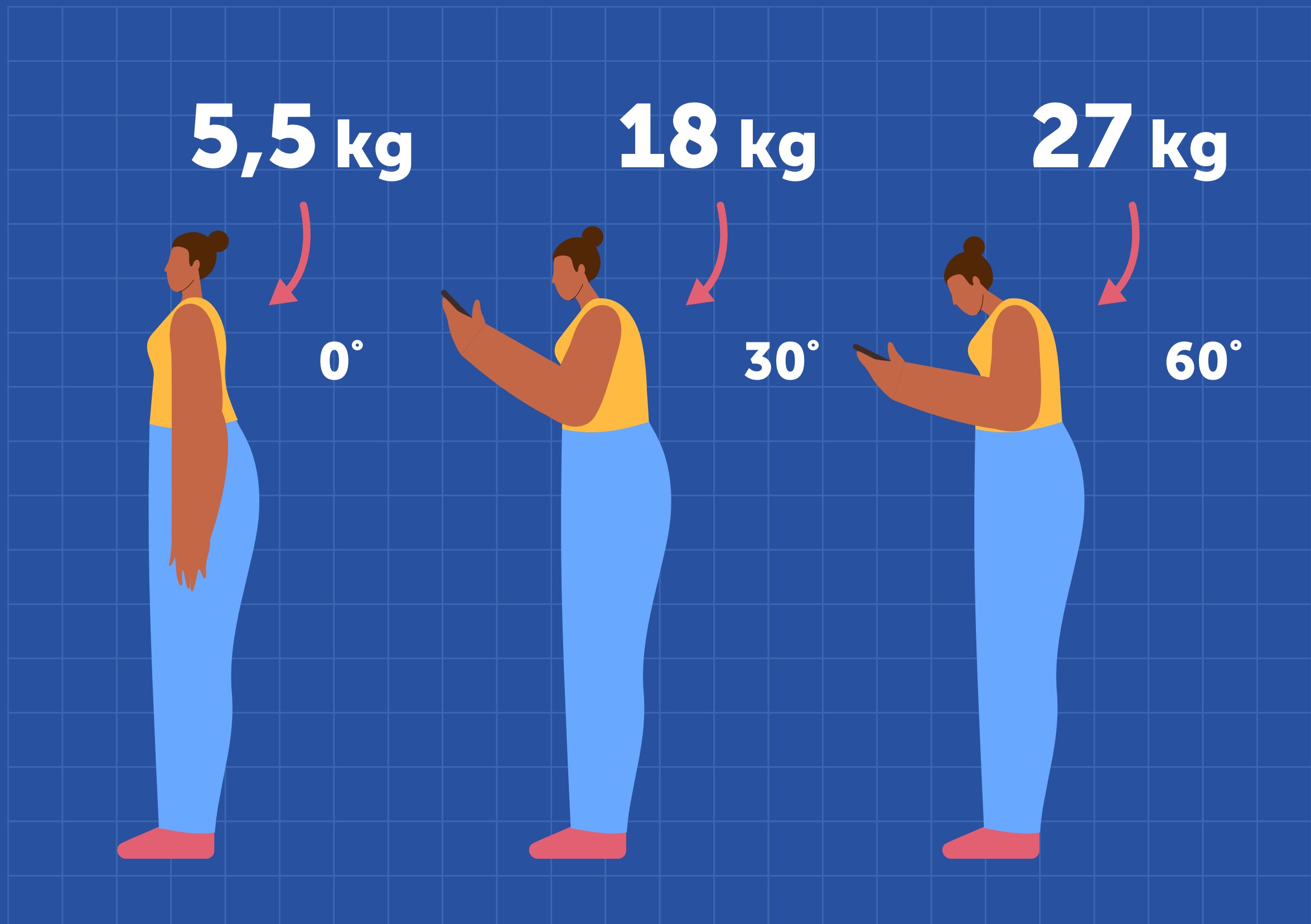
03.

**Treat your laptop as a monitor –
use external keyboard and mouse.**

When you work on your laptop in a traditional way, you lean forward and look down. It's not healthy for your spine! Learn more on the next slide.

 **Learn more!**

Neck strain when leaning forward according to K. K. Hansraj*



Own work based on: <https://www.washingtonpost.com/news/morning-mix/wp/2014/11/20/text-neck-is-becoming-an-epidemic-and-could-wreck-your-spine/> [accessible on: 27.07.2023].

04.

You can do it differently! Use external monitor, keyboard and mouse with your laptop and treat it like a desktop computer.

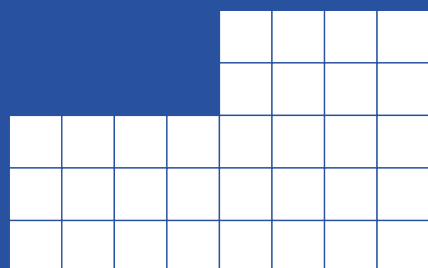
How to position your monitor correctly?

You will learn it from the next part!

WOMAN EXPERT

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I am a senior occupational safety and health (OHS) specialist, physiotherapist and a legal expert in the district court in Poznań in the field of OHS. In my work, I successfully use knowledge and skills acquired during my physiotherapy studies as well as my rehabilitation experience.



DO YOU WANT TO CONTACT ME?
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