**Choose the best option (A-J) for gaps 1-10 in the text.**

 **ERGONOMIC TIPS FOR COMPUTER USERS**

Prolonged use of a computer keyboard and/or mouse

can lead to frequent muscle aches and nerve pain,

unless **(1) \_\_\_\_.**

Maintain good posture when working at the keyboard.

Use a chair with back support. Keep your feet

supported on the floor or on a footrest when you work,

to **(2) \_\_\_.**

Avoid twisting or bending your neck. Frequently used

items should be positioned **(3) \_\_\_\_.**

Take breaks. These breaks can be brief and should include stretches for best results. If possible, take a

one or two-minute break **(4) \_\_\_\_.**

Keep your fingers and knuckles relaxed **(5) \_\_\_\_.**

Avoid hitting the keyboard with great force. Studies say

that many users hit the keys **(6) \_\_\_\_.**

Position the monitor so that the viewed part of the

screen allows you to **(7) \_\_\_\_.**

Position your monitor to eliminate reflections from **(8)**

**\_\_\_.**

Adjust the screen font, contrast, and color to have

maximum **(9) \_\_\_\_.**

Aerobic exercise will help to sustain strength **(10)\_\_\_\_\_.**

**A**. every 15 to 20 minutes

**B**. keep your neck straight

**C.** a few guidelines are followed

**D**. and fight the strain of computer use.

**E**. more forcefully than they should

**F**. reduce pressure on your lower back

**G**. when working at the keyboard

**H**. comfort and efficiency

**I**. windows and lighting

**J**. directly in front of you

1)........2)........3).........4).......5).......6)........7)........8).........9)........10)..........

 από τράπεζα θεμάτων Β’ Λυκείου