Health & Safety Revision Questions

1. The risk of repetitive strain injury (RSI) can be reduced by

A making sure there is no glare from the screen

B ensuring computer cables are out of the way

C using the correct seating position

D avoiding computer viruses

[1]

2. Some of the staff at Look Lively use computers for most of their working day.

Give **three** health and safety risks that people who use computers should be aware of.

In each case, suggest **two** safety precautions to minimise the risk.

Do not use the same safety precaution twice.

Risk 1 .....

Safety precaution 1 …….....

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Safety precaution 2 .....

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Risk 2 .....

Safety precaution 1 .....

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Safety precaution 2 .....

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Risk 3 .....

Safety precaution 1 .....

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Safety precaution 2 .....

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[9]

3. Users of IT systems can help reduce the possibility of eye strain by

A using the correct cable layout

B making frequent backup files

C using their passwords

D taking regular breaks

[1]

4. Identify **two** safety rules that pupils should obey when using a school computer room.

1 .....

2 .....

[2]

5. Using computers for long periods of time can cause health problems.

Tick **one** box in each row to show the best way to reduce each of these health risks.

	The health risk can be reduced by:		
Possible health risk	**using a wrist rest (✓)**	**using a high resolution monitor (✓)**	**using an adjustable chair (✓)**
Eye strain			
Neck and back problems			
Repetitive Strain Injuries (RSI)			

[3]

6. There are a number of health problems that can be caused by working on computers for long periods of time.

Explain how the use of suitable equipment can reduce these problems.

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[6]

7. The health centre wishes to produce a health and safety poster for people using computers.

The poster has been started for you below.

Add your own labels or statements to indicate **eight** health and safety issues.

[8]

8. An office worker uses a computer terminal for extended periods of time. What factors should be considered when purchasing a monitor and a chair in order to reduce health problems?

Monitor .....

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Chair .....

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[2]

9. Wordsworth Health Centre is concerned about the health and safety of its staff, when using new technology.

For each risk shown in the chart below, give **two** safety measures that the health centre could introduce to reduce the risk.

Do not repeat your answers.

Risk	Safety Measures to reduce risk
Eye strain from staring at monitor	1 2
Back strain	1 2
Repetitive Strain Injury (RSI)	1 2

[6]