

Keeping Yourself Comfortable - Toshiba P15-S4091 User Manual

P15-s4091 user's guide

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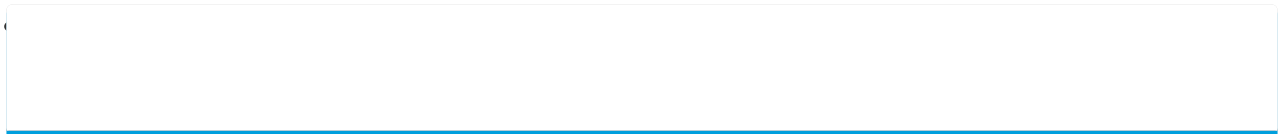
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Bookmarks





Equipment that generates a strong electromagnetic field, such as stereo speakers (other than speakers that are connected to the computer) or speakerphones.



Rapid changes in temperature or humidity and sources of temperature change such as air conditioner vents or

heaters.



Extreme heat, cold, or humidity.



Liquids and corrosive chemicals.

Keeping yourself comfortable

Strain and stress injuries are becoming more common as people spend more time using their computers. With a little

care and proper use of the equipment, you can work comfortably throughout the day.

This section provides hints on avoiding strain and stress injuries. For more information, consult books on

ergonomics.

CAUTION

repetitive-strain injury, and repetitive-stress syndrome.

Placement of the computer

Proper placement of the computer and external devices is

important to avoid stress-related injuries.



Place the computer on a flat surface at a comfortable height and distance. You should be able to type without twisting your torso or neck, and look at the screen without slouching.

If you spill liquid into the computer, turn it off, unplug it from the AC power source, and let it dry out completely before turning it on again.

If the computer does not operate correctly after you turn it back on, contact a Toshiba Authorized Service Provider.

Getting Started

Selecting a place to work

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