

Keeping Yourself Comfortable - Toshiba P30-S6362ST User Manual

P30-s6362st user's guide

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18

19
20
21
22
23
24
25
26
27

Table Of Contents

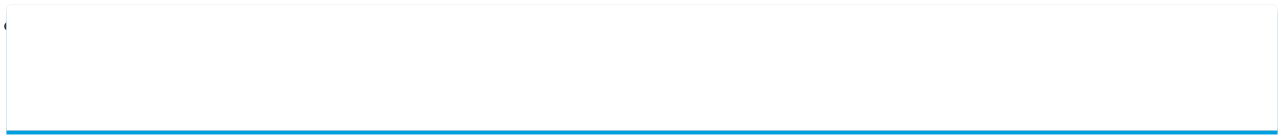
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67

68
69
70
71
72
73
74
75
76
77
78
79
80
81
82
83
84
85
86
87
88
89
90
91
92
93
94
95
96
97
98
99
100
101
102
103
104
105
106
107
108
109
110
111
112
113
114
115
116
117

118
119
120
121
122
123
124
125
126
127
128
129
130
131
132
133
134
135
136
137
138
139
140
141
142
143
144
145
146
147
148
149
150
151
152
153
154
155
156
157
158
159
160
161
162
163
164
165
166
167

168
169
170
171
172
173
174
175
176
177
178
179
180
181
182
183
184
185
186
187
188
189
190
191
192
193
194
195
196
197
198
199
200
201
202
203
204
205
206
207
208
209
210
211
212
213
214
215
216
217

218
219
220
221
222
223
224
225
226
227
228
229
230



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Bookmarks





Equipment that generates a strong electromagnetic field, such as stereo speakers (other than the 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. However, with a little care and the 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. Consider the following when placing your computer.



Place the computer on a flat surface at a comfortable height and distance. You should be able to type without
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 your network administrator. If your computer still does not operate, refer to

[page 181](#)

for additional technical assistance.

Getting Started

Selecting a place to work

["If you need further assistance" on](#)

41

[Table of Contents](#)

[Previous Page](#)
[Next Page](#)

1
...
38
39
40
41
42
43
44
45

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