

Work Habits; Other Precautions - Toshiba Satellite P20-8PW User Manual

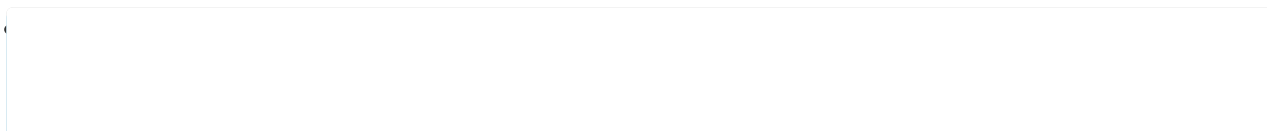
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Bookmarks



Work habits

The key to avoiding discomfort or injury from strain is to vary your activities. If possible, schedule a variety of tasks into your working day. Finding ways to break up the routine can reduce stress and improve your efficiency.



Take frequent breaks to change position, stretch your muscles, and relieve your eyes. A break of two or three minutes every half hour is more effective than a long break after several hours.

■ Avoid performing repetitive activities for long periods. Intersperse such activities with other tasks.

■ Focusing your eyes on your computer screen for long periods can cause eyestrain. Look away from the computer frequently and focus your eyes on a distant object for at least 30 minutes.

Other precautions

Your Satellite computer is designed to optimise safety, minimize strain, and withstand the rigors of portability. However, you should observe certain precautions to further reduce the risk of personal injury or damage to the computer.

Avoid prolonged physical contact with the underside of the computer. If the computer is used for long periods, its case can become very warm. While the temperature may not feel too hot to the touch, if you maintain physical contact with the computer for a long time (if you rest the computer on your lap, for example), your skin might suffer low-heat injury. Never apply heavy pressure to the computer or subject it to sharp shocks. Excessive pressure or shock can damage computer components or otherwise cause your computer to malfunction. Some PC Cards can become hot with prolonged use. If two cards are installed, both can become hot even if only one is being used. Overheating of a PC Card can result in errors or instability in its operation. Be careful when you remove a PC Card that has been used for a long period.

Getting Started



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Quick Links:

[Appendix B Features and Specifications](#)

Related Manuals for Toshiba Satellite P20-8PW

[Laptop Toshiba PSM30C-0QQ31 Brochure](#)

Brochure (4 pages)

[Laptop Toshiba P205-S6277 User Manual](#)

P205-s6277 user's guide (242 pages)

[Laptop Toshiba PSPB0U-00W008 User Manual](#)

User manual (175 pages)

[Laptop Toshiba Satellite P200 Series User Manual](#)

(220 pages)

[Laptop Toshiba Satellite P200 Maintenance Manual](#)

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[Laptop Toshiba Satellite A305-S6825 Resource Manual](#)

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[Laptop Toshiba Satellite U500-ST5305 Resource Manual](#)

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[Laptop Toshiba Satellite A70 Resource Manual](#)

Toshiba satellite a70: user guide (68 pages)

Related Content for Toshiba Satellite P20-8PW

[Satellite M110 Work Habits](#)

Toshiba Satellite M110

[Portege M400 Work Habits](#)

Toshiba Portege M400

[Qosmio G30 Work Habits](#)

Toshiba Qosmio G30

[Libretto U100 Work Habits](#)

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Toshiba Satellite L20 Series

[2010 Work Habits](#)

Toshiba 2010

[TECRA M4 Work Habits](#)

Toshiba TECRA M4

[2000 Work Habits](#)

Toshiba 2000

This manual is also suitable for:

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