

Work Habits - Toshiba PSPA3C-SD402E User Manual

User manual

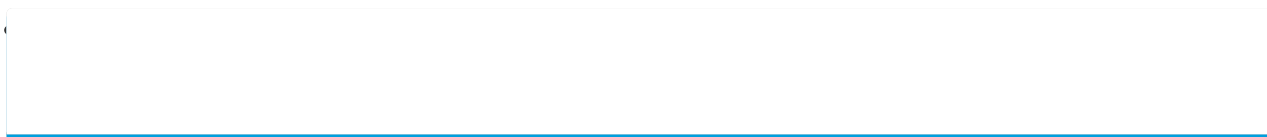
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Troubleshooting

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Bookmarks



Getting Started

Lighting

Proper lighting can improve legibility of the display and reduce eye strain.



Position the computer so that sunlight or bright indoor lighting does not reflect off the screen. Use tinted windows, shades or other screen to eliminate sun glare.



Avoid placing the computer in front of bright light that could shine

directly in your eyes.



If possible, use soft, indirect lighting in your computer work area. Use a lamp to illuminate your documents or desk, but be sure to position the lamp so that it does not reflect off the display or shine in your eyes.

Work habits

A key to avoiding discomfort or injury from repetitive strain is to vary your activities.

If possible, schedule a variety of tasks into your work day. If you must spend long periods at the computer, finding ways to break up the routine can reduce stress and improve your efficiency.



Sit in a relaxed posture. Good positioning of your chair and equipment as described earlier can reduce tension in your shoulders or neck and ease back strain.



Vary your posture frequently.



Occasionally stand up and stretch or exercise briefly.



Exercise and stretch your wrists and hands a number of times during the day.



Frequently, look away from the computer and focus your eyes on a distant object for several seconds, for example 30 seconds every 15 minutes.



Take frequent short breaks instead of one or two long breaks, for example, two or three minutes every half hour.



Have your eyes examined regularly and visit a doctor promptly, if you

suspect you might be suffering from a repetitive strain injury.



Please check every couple of months to ensure the fan inlets or exhaust vents are unobstructed. Clean them if necessary.

A number of books are available on ergonomics and repetitive strain injury or repetitive stress syndrome. For more information on these topics or for pointers on exercises for such stress points as hands and wrists, please check with your library or book vendor. Also refer to the computer's *Instruction Manual for Safety and Comfort*.

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User's Manual

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Related Manuals for Toshiba PSPA3C-SD402E

[Laptop Toshiba Satellite P100 Series Maintenance Manual](#)

Pc (314 pages)

[Laptop Toshiba Satellite P100 Series Maintenance Manual](#)

(311 pages)

[Laptop Toshiba P105 S6197 - Satellite - Core 2 Duo 1.6 GHz User Manual](#)

Toshiba online users guide for satellite p105 (280 pages)

[Laptop Toshiba P100/P105 User Manual](#)

Toshiba satellite p100/p105 series user's guide (280 pages)

[Laptop Toshiba P100-ST9732 User Manual](#)

P100-st9732 user's guide (278 pages)

[Laptop Toshiba P105-S9337 User Manual](#)

P105-s9337 user's guide (278 pages)

[Laptop Toshiba P100-ST7211 User Manual](#)

P100-st7211 user's guide (275 pages)

[Laptop Toshiba P100-ST1072 User Manual](#)

P100-st1072 user's guide (237 pages)

[Laptop Toshiba Satellite P100 Series User Manual](#)

(196 pages)

[Camcorder Toshiba PA3943U-1CAM Camileo P100 User Manual](#)

Pa3943u-1cam camileo p100 user's guide (146 pages)

[Laptop Toshiba Satellite P100/P105Series Resource Manual](#)

Toshiba laptop pc user's guide (72 pages)

[Laptop Toshiba Satellite P100 Specifications](#)

Toshiba satellite p100: specifications (2 pages)

[Laptop Toshiba P25-S477 User Manual](#)

P25-s477 user's guide (232 pages)

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

P205-s6277 user's guide (242 pages)

[Laptop Toshiba Satellite P20-8PW User Manual](#)

Toshiba satellite p20-8pw: user guide (142 pages)

[Laptop Toshiba PSPCDC-03H00C User Manual](#)

User manual (185 pages)

Related Content for Toshiba PSPA3C-SD402E

[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](#)

Toshiba Libretto U100

[Satellite L20 Series Work Habits](#)

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:

[PspaaU-01200sPspadc-ma605cPspagu-00j00xP100](#)