Radio Days – 2008-11-08

Tip of the Week — Blonde Jokes

There are two stories which keep rearing their heads in computer support circles, and I have never been sure whether to believe them or not. One story is about a user who rings to say that his computer is not working. The screen is black and nothing that he can do will make the mouse pointer move. When asked if the computer was plugged in at the wall the user replied that it was too dark to see as the lights were out.

The second blonde joke is about an old typist who receives a new computer to replace the old typewriter. After some time the supplier receives a call to say that the screen is no longer working. Unable to solve the problem over the phone, a support person is sent to the office. A quick glance is all that is needed: the screen is covered in white-out.

I am still not sure if these are blonde jokes or actual stories, but I do hope that nobody listening to this show would be accused of making either mistake!

Using Your Computer Ergonomically

Are you one of the people who dreads going to work each day because you are so tense when you get home in the evening? Do you feel that you have no control over the matter? Perhaps the problem is the way you are sitting at your computer. An extreme example is the way a person who wears bifocals will sit with their head tilted back to see the computer screen through the bottom part of the lens. This is guaranteed to give you a stiff neck in a very short time.

Improving your posture, and taking short exercise breaks, can make a significant difference to the way you will feel at the end of your working day. The main things to watch out for are the position of your thighs: they should be horizontal when your feet are on the floor. If not, you will be using your chair to restrict blood flow. Your back should be straight, not curled over. Your forearms should be horizontal when you are typing, and your wrists should allow your fingers to drop easily onto the keyboard.

You should place your keyboard so that the typewriter part is in front of your body. This way you will not be twisted when you are using the keyboard. If you do a lot of numeric keying then move the keyboard so that the numeric keypad is comfortable to use.

You will also need to place your monitor so that it is straight behind the keyboard and that it is placed so that the top of the screen is at eye level. We all look down more easily than we look up, so make sure that your screen is in the correct place for easy viewing. Make sure that you mouse is the correct size for your hand: people with small hands will always find a large mouse uncomfortable.

You may feel uncomfortable at first, but persevere as you will feel better at the end of the day.

Websites

None this week.