



**DON'T LET THIS  
HAPPEN TO YOU**

**YOUR CHROMEBOOK SCREEN CAN BREAK!  
HERE ARE SOME TIPS.**

**DON'T OVER STUFF YOUR  
BACKPACK. CONSIDER A  
BACKPACK WITH A  
LAPTOP SECTION OR A  
THICK LAPTOP SLEEVE.**



**DON'T CLOSE OBJECTS  
INSIDE YOUR  
CHROMEBOOK.**



**DON'T HOLD YOUR  
CHROMEBOOK BY THE  
SCREEN. IT IS NOT A  
TABLET!**





**DON'T DROP YOUR  
CHROMEBOOK OR YOUR  
BACKPACK CONTAINING  
SAID CHROMEBOOK.**

**DON'T KEEP DRINKS  
BESIDE YOUR  
CHROMEBOOK. IT IS NOT  
WATERPROOF!**



**DON'T PUT HEAVY  
OBJECTS ON YOUR  
CHROMEBOOK. YOUR  
ELBOW AND HEAD  
INCLUDED.**



# **Tech Issues Assignment**

**By the BTT 20I Class**



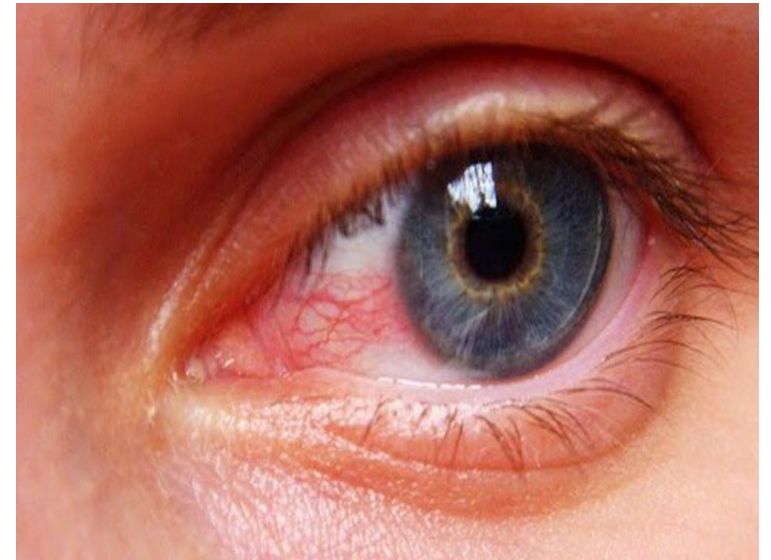
# Digital Eye Strain

- Looking at technology for too long or it could cause **eye strain**.



# Eye Strain: Symptoms

- Headaches
- Dry eyes
- Itchy eyes
- Sensitivity to light
- Blurry vision



# Suggestions

- Go to your optometrist or to a clinic
- Use eye drops
- Exercise your eyes using the 20-20-20 method
- every 20 min, look at something 20 feet away for 20 seconds



# Phantom Vibrations

- When you think your phone went off but it hasn't
- Phantom vibration is a mental condition
- Other terms for phantom vibration are ringxiety and fauxcellarm.



# Suggestions

If you are experiencing phantom vibrations

- try turning off your ringer/vibration.
- Also even turning off your phone completely can help as well.



I'M AMAZED AT HOW OFTEN MY POCKET  
VIBRATES ON DAYS THAT I FORGET MY PHONE  
AT HOME.

MINIMUMBLE.COM

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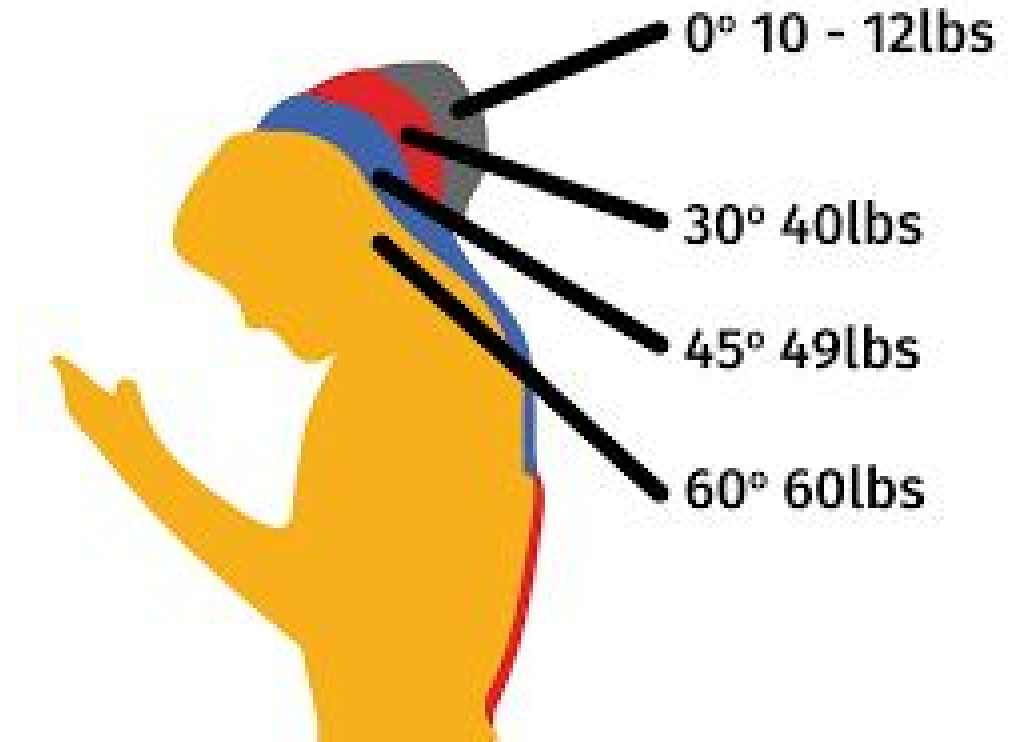
# Neck Pain:

Text neck: damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long.



# Text Neck

Did you know that you can increase the weight on your neck by up to 60 pounds by simply tilting your head forward 60 degrees to look at your phone?



# Symptoms of text neck

- Upper back or neck pain when using a handheld device
- Nagging or sharp pain in the neck or shoulders at the end of the day
- General shoulder pain and tightness
- Constant headache made worse when looking down or using the computer
- Numbness and tingling down your fingers
- Postural change



# Suggestions

go to a doctor or chiropractor,

raise your phone to eye level when texting

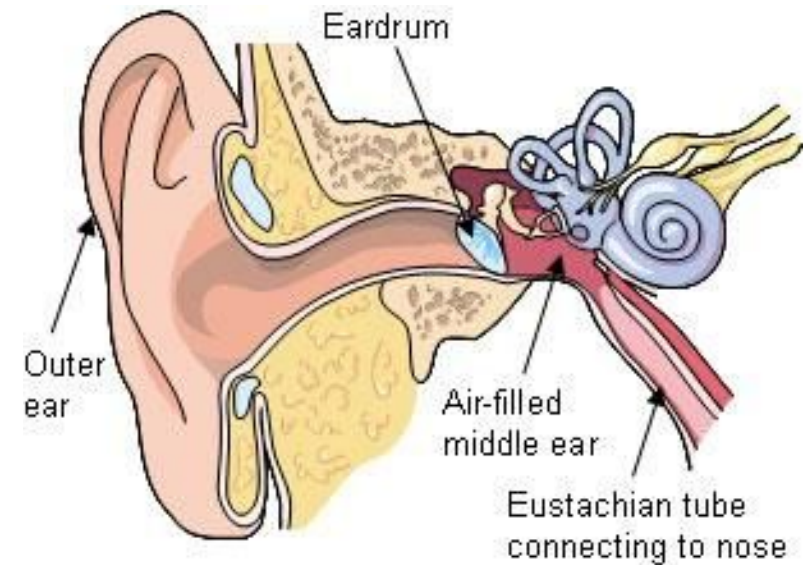
spend some time away from your phone and

stay fit (a strong, flexible back and neck are more able to handle extra stress)



# Early Age Hearing Loss

- Develops from excessive exposure to loud music
- Usually from **headphones** and **earbuds**.



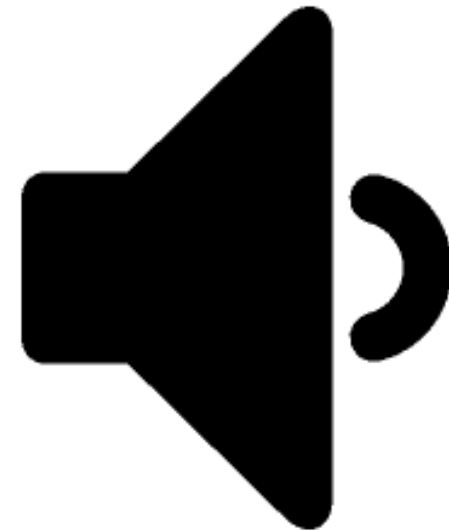
# Early Age Hearing Loss

## Symptoms:

- Loss of hearing without obvious cause
- Loss of hearing in only one ear
- Pain, earaches

## Prevention Options:

- Don't use headphones as often
  - Use a speaker instead
- When using headphones keep the volume low



# Chromebook Ergonomics

- The design of laptops violates a basic ergonomic requirement for a computer
- There is no laptop position that is good for your posture
- But some are worse than others



# Using a laptop for a short period of time $< 1\text{hr}$

- Find a chair that is comfortable and that you can sit back in
- Position your laptop for the most neutral wrist posture that you can achieve
- Angle the laptop screen so that you can see this with the least amount of neck deviation



# Working on a laptop for > 1hr

- Position the laptop on your work surface so that you can see the screen without bending your neck.
- You may need to elevate the laptop off the desk to create a stable support surface (such as a computer monitor pedestal)
- 



- Use a separate keyboard and mouse. You should be able to connect a keyboard and mouse directly to the back of the laptop or to a docking station
- Use the keyboard on a negative-tilt keyboard tray to ensure a wrist neutral posture

