

LANsultants Times

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YOUR MOTHER WAS RIGHT GOOD POSTURE COUNTS!

Twenty years ago when I worked as a mining engineer, occupational hazards were accepted as part of the job. As a computer user I had anticipated the work would be safer. While few deaths are blamed on computers they are the cause of many back and repetitive stress injuries.

To minimize your risk of injury, follow these simple guidelines.

Sit at arms length from your monitor. Your monitor should be directly in front of you at a slight downward angle. This will protect your neck.

For your back your chair must be comfortable with your thighs parallel with the floor.

To prevent repetitive stress syndrome, place your keyboard so that your arms extend straight from the elbow. Your keyboard should be tilted slightly with the space bar higher than the letters. You may also want to try an ergonomic keyboard.

Though back and repetitive stress are the most common injuries related to computer use, there are some users that experience "computer vision syndrome"



Continued from column 1 which is a combination of symptoms including blurred vision, eye strain and dry eyes. Computer vision syndrome is often addressed with special computer vision glasses, eye lubricants and by reducing glare.

For more information on computer safety, refer to the March 26, 2001 issue of Newsweek magazine.

Take breaks and stretch.

If you would like to be removed from our fax newsletter please fax request to 215-875-7346.

QWEST- BEST DSL OFFERS IN TOWN

Qwest, formerly US West, is having a promotion on DSL Internet Service through June 29th.

256K for \$ 79/month
512K for \$119/month
768K for \$149/month

Qwest can also provide WEB Hosting, e-mail including pop accounts, and Domain Name Hosting.

As Qwest has revenues of \$19 Billion a year and substantial income from local telephone service, we expect them to be able to whether the problems currently facing the DSL industry.

For more information, go to Qwest.com, or contact Rebecca Doyle at Qwest at 877-295-3998 x4417 or Saju at LANsultants.

John, our President, will be on vacation from May 9th through May 20th and will not be in contact with the office. His wife wanted a trip to France in the spring so John has them on a bicycle tour. Somehow I do not think this is what the wife was planning.

In John's absence, his work is being covered by Chad and Jimmy.