

PRE-READING

Look at the pictures and read the title of the lesson.

1. Circle your answers about pictures 1 through 3. Write them on the lines.
 - a. "This is great!" in picture 1 means a _____ thing. (good / bad)
 - b. The person in picture 1 is sitting in the _____ position. (wrong / correct)
 - c. The woman in picture 2 is wearing a _____. (hat / headphone)
 - d. Her headphone _____ a microphone. (has / doesn't have)
 - e. In picture 3, the person is looking _____ at the monitor. (downwards / upwards)

Picture 1



Picture 2



Picture 3



2. Match pictures (4 - 7) with their descriptions below. Write the picture numbers on the lines.

- _____ a) This sign means that the person is sitting the wrong way.
 _____ b) This person is wearing a headphone and reading a paper.
 _____ c) This person is sitting in the correct position.
 _____ d) In this picture, only one person is sitting correctly; the other three aren't.

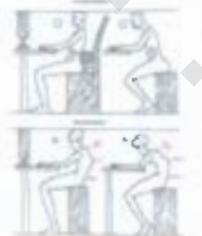
Picture 4



Picture 5



Picture 6



Picture 7



3. Read these statements about the pictures 1 through 7 above. Tick (✓) Yes or No.

STATEMENTS	Yes	No
a) Three people are wearing headphones.	<input type="checkbox"/>	<input type="checkbox"/>
b) Only two people are sitting in the correct position.	<input type="checkbox"/>	<input type="checkbox"/>
c) There are three pictures of women.	<input type="checkbox"/>	<input type="checkbox"/>
d) The male persons are sitting in the wrong position.	<input type="checkbox"/>	<input type="checkbox"/>
e) These pictures are about the sitting position while using the computer.	<input type="checkbox"/>	<input type="checkbox"/>

HEALTH RISKS OF USING COMPUTERS

A lot of people worry about the health risks of spending a lot of time in front of a computer. Anyone spending more than 4 hours a day working on a PC may suffer from aching hands, neck or shoulders. occasional headaches and eye strain. Is there anything we can do to avoid these risks?

In fact, there is a lot you can do. For example, if you position your computer properly, you can avoid a backache. Get a good chair - one that supports your lower back. Your chair should be adjustable so you can have both your feet on the floor. Position the keyboard at the same height as your elbows. Your arms should be parallel to the work surface. Position the monitor at eye level. Don't put your monitor in front of a window, and ensure there isn't a lamp shining directly into your eyes. The monitor should also be fitted with a tilt-and-swivel stand. This stand lets you move the monitor up or around.

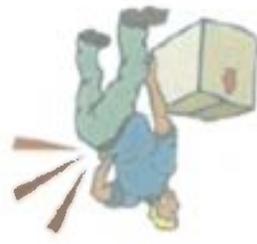


Some people often suffer from eye strain, because they use the computer for several hours. While using computers, these people need to give their eyes a rest. They need to look away from the monitor from time to time. They can also look out of the windows or across the room. We are not certain of the dangers of computer radiation. To minimise its risk, stay an arm's length away from the front of the monitor when you are working. If you work in a lab, sit at least 20cm away from the sides or back of any monitors. Finally, you can use radiation guards. They are protective filters which fit over the front of the monitor. They can't absorb all the radiation but they can reduce it.



VOCABULARY & UNDERSTANDING

1. The word 'ache' means pain. When your head suffers from aches, you have a 'headache'. 'Headache' is a noun. Use the appropriate nouns to describe the following aching parts of your body. Write your answers on the lines.



2 Read these expressions and circle the letter with the most appropriate answer.

1. Something **occasional** is something which happens:
- a) Rarely
 - b) Always
 - c) Often
2. To **avoid** problems means:
- a) Cause problems to happen
 - b) Create problems
 - c) Stop problems from happening
3. What does the expression '**ensure there isn't light**' mean?
- a) Don't make sure there is light
 - b) Make sure there is light
 - c) Make sure there isn't light
4. If your chair is **adjustable**, it means that:
- a) You can sell it quickly.
 - b) You can't move it to another place.
 - c) You can change its height and position easily.
5. The word '**radiation**' means:
- a) Cold weather in winter
 - b) Energy in the form of heat or light
 - c) Hot weather in summer
6. When you **minimise** something, it means that you:
- a) Reduce it and decrease it
 - b) Increase it and enlarge it
 - c) Don't change it at all

LANGUAGE FOCUS

Read the two adjectives below.

1 Write the adverbial forms of the two adjectives?

'Occasional' _____
'Rare' _____

2 Which adverb is written with double 'l'? Why?

3 There are three adverbs ending in 'ly' in the Reading text. Write them below and write the corresponding adjective next to them.

Adverbs from the text

Their Adjectives

4. Now write on the lines below the adverbial forms of the following adjectives.

Proper _____
Serious _____
Recent _____
Hopeful _____
Strong _____
Protective _____