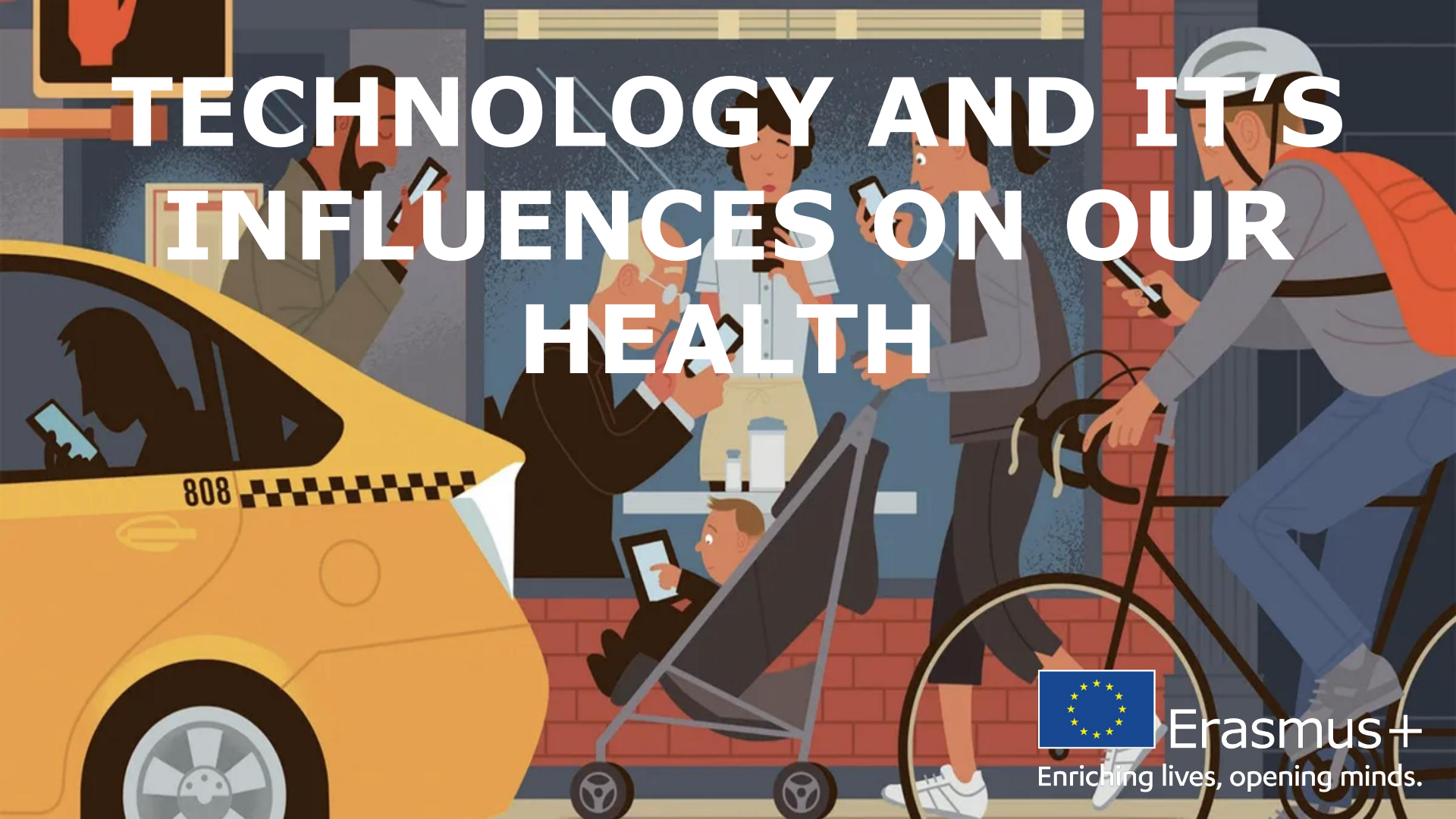


TECHNOLOGY AND IT'S INFLUENCES ON OUR HEALTH



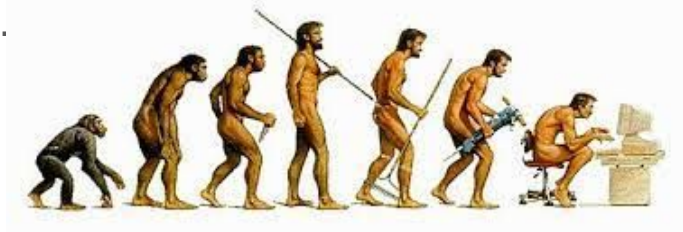
Erasmus+

Enriching lives, opening minds.

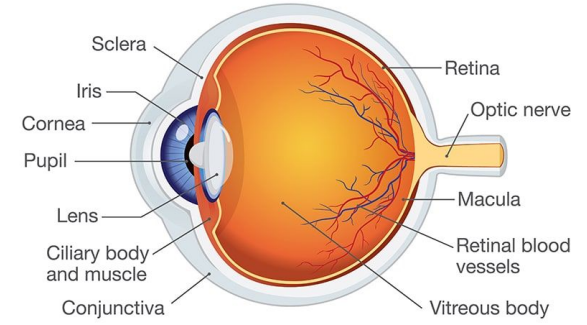
STRUCTURE

TECHNOLOGY AND IT'S INFLUENCES ON OUR..

- POSTURE
 - men VS smartphone
 - how can we improve our postures?



- SIGHT
 - past men VS present men
 - myopia
 - blue rays problems



POSTURE

- men VS smartphones
 - physical risks of technology
- how to improve our postures?



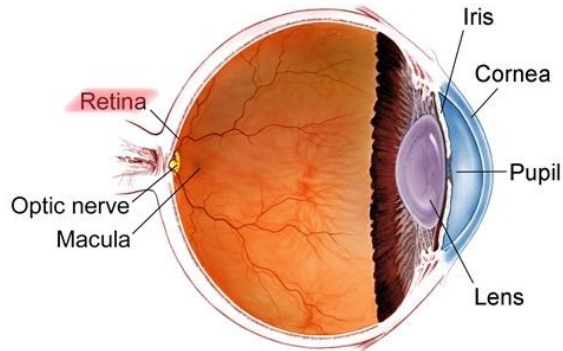
SIGHT

The way how people used their eyes changed a lot during the last centuries

- In the past people had to look far (because of: Jobs, wars)
 - Since the raise of books but even more since the raise of technology people have to look way closer
-
- Rate of myopia is drastically increasing during the last decades
 - 40% increase in 20 Years
 - caused by constantly looking at screens very close to one's eyes

Retina damage

- Electronic devices spread out blue-ray
- The blue ray can damage the retina.
- This can lead to macular degeneration, eye cancer etc.



Dry Eyes & Headache

- Looking to things close to your face (electronic devices!) makes you blink less
- This causes dry & red eyes



HOW TO PREVENT POSTURE AND SIGHT PROBLEMS

POSTURE

- Try to maintain an upright sitting position
- Try to keep yourself in line with the line of gravity, especially while working with electronic devices
- Do stretching exercises one in a while, this will improve your flexibility and prevent lower back and neck pain while using your electronic devices

SIGHT

- Once in a while take a break, go to the window, look as far as possible and blink a few times.
- Don't use devices directly before going to bed and in dark places
- Consider using anti blue-ray glasses or anti blue-ray display protectors

Thanks for listening!
... but remember....

NE
QUID
NIMIS!