

**FACULTY OF VETERINARY MEDICINΕ**

**DIVISION OF FOOD SAFETY AND TECHNOLOGY AND EPIDEMIOLOGY**

### DEPARTMENT OF EPIDEMIOLOGY, BIOSTATISTICS AND ANIMAL HEALTH ECONOMICS

### HEALTH AND SAFETY OF STUDENTS AND STAFF IN THE COMPUTER CLASSROOM

* **Computers must be used carefully,** taking into account the official warning signs on the device, regarding handling and user safety.
* **Adjust your chair position** so that you use the keyboard with your wrists and hands straight and parallel to the ground. The elbows should be at the side of the body so that the angle of the elbow is in an "L" shape.
* **Adjust the screen** so that it is at eye level, without reflections from natural or artificial light.
* **Place the keyboard** directly in front of you. Your wrists should be in a straight position when using the keyboard.
* **Keep the computer mouse** as close to you as possible.
* **Avoid prolonged periods** of continuous computer use, aiming for short breaks every 30 minutes of computer use.
* **Immediately inform** the Computer Room Manager if you experience any health problem while using the computer.
* **First aid:** In case of minor injuries there is a pharmacy in the Laboratory room**.**
* **Medical assistance is provided at General Hospital of Karditsa (Emergency Care Unit). Telephone: 2441351520 / ΕΚΑΒ (National Service of Emergency Care) Telephone: 166.**
* **In case of fire. A Dry powder extinguisher exists on the room / Fire Service Telephone: 199.**

**Preserve the laboratory area and equipment clean at all times.**