

## Heavy Computer Usage

Tips for Heavy Computer Users - Also Tips for Persons Experiencing Migraines

- <https://www.whitworth.edu/cms/media/whitworth/documents/administratio/educational-support-services/tips-for-heavy-computer-users.pdf>

Your eyes are also susceptible to discomfort from computer misuse. Lifehacker has some good answers to the question “How Do I Prevent Eye Strain At My Computer?”

<https://lifehacker.com/how-do-i-prevent-eyestrain-at-my-computer-5818056>

- The US Department of Labor has some useful information for making your home workstation more comfortable.  
<https://lifehacker.com/how-do-i-prevent-eyestrain-at-my-computer-5818056>
- Experiencing sore thumbs or neck discomfort from mobile device use? Check out these Ways to Use Smartphones and Tablets Ergonomically from AllThingsErgo.com.  
<https://www.allthingsergo.com/ways-use-smartphones-tablets-ergonomically/>
- Accessibility within Zoom
  - <https://zoom.us/accessibility>
- An Inclusive Office 365
  - [https://www.microsoft.com/en-us/Accessibility/office?activetab=pivot\\_1%3aprimar2](https://www.microsoft.com/en-us/Accessibility/office?activetab=pivot_1%3aprimar2)