

**Chung Ching Middle School  
Computer Studies  
Sample Question  
Health Issues**

**Mr. Thomas Chan Ah Peng**

**SECTION A – Multiple Choice Question**

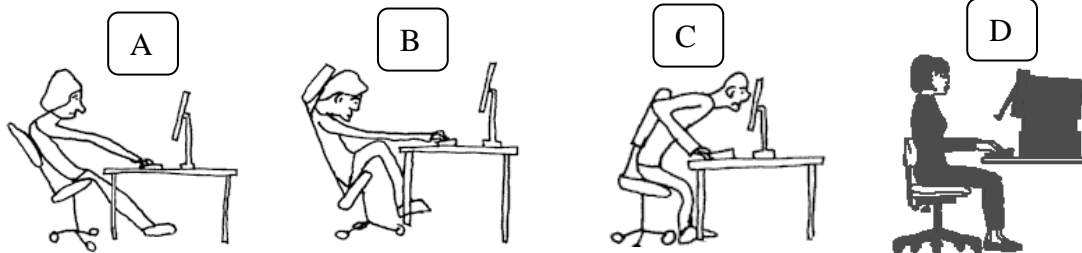
**1 Backaches can be caused due to \_\_\_\_\_.**

- A Bright lights shine on the screen.
- B Staring at screen for long stretch of time.
- C The screen is facing a window.
- D Wrong Posture.

**2 \_\_\_\_\_ screen filters can be used to prevent health problem when using computer.**

- A Anti-Glare
- B Anti-Fungus
- C Anti-Scratch
- D Anti-Virus

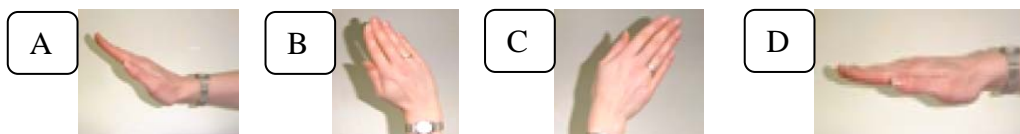
**3 Which of the following diagram is the correct sitting posture?**



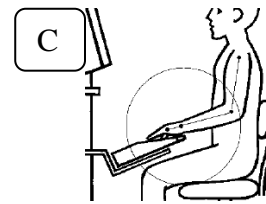
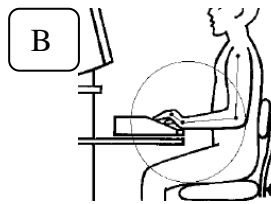
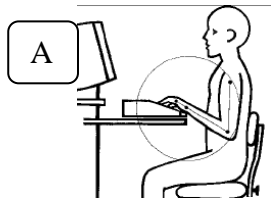
**4 Which of the following is not the way to reduce eye strain?**

- A Do not let bright lights shine on the screen.
- B Do not position your eyes too far away from or too close to the screen.
- C Do not share your pendrive with your friend.
- D Do not stare at the screen for long stretch of hours.

**5 Which of the following diagram is the correct typing wrist posture?**



6 Which of the following diagram is the correct typing hand posture?



7 \_\_\_\_\_ is caused by the joints in the fingers and lower arms being constantly pounded by typing at high speed.

- A CSI
- B MSI

- C OSI
- D RSI

8 Which of the following diagrams is better in computer cable management?



9 \_\_\_\_\_ chemical destroys the ozone layer in the atmosphere.

- A CFC
- B MFC

- C UPC
- D UPS

10 \_\_\_\_\_ means using the used material again in one way or another.

- A Automation
- B Formatting

- C Recycle
- D Second-Hand

**SECTION B – Short Answer Question**

1 Give four ways to reduce eye strain. (4)

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2 Give five ways to prevent health problems while using computers. (5)

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3 Give four possible health problems that people may suffer when using a computer for long hours. (4)

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4 Give four ways that computers are unfriendly to the environment. (4)

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5 Briefly explain four economic benefits of computers. (8)

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**SECTION C – Structural Question**

1 We know about the benefits which computers bring. We also know about the problems computers can give rise to, such as computer crimes and computer viruses.

(i) Briefly explain three examples of electronic interference. (6)

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(ii) Briefly explain three ways to prevent computer viruses to secure our data. (6)

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(iii) Briefly explain three types of computer crimes. (6)

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