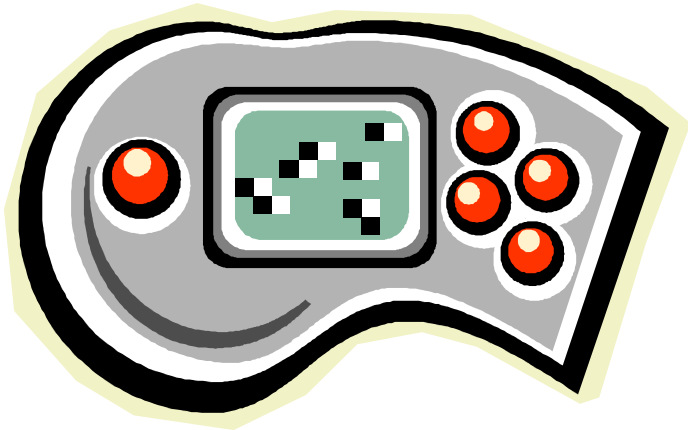


Enjoy gaming, but don't let
it damage your health!



Find out how to play safe

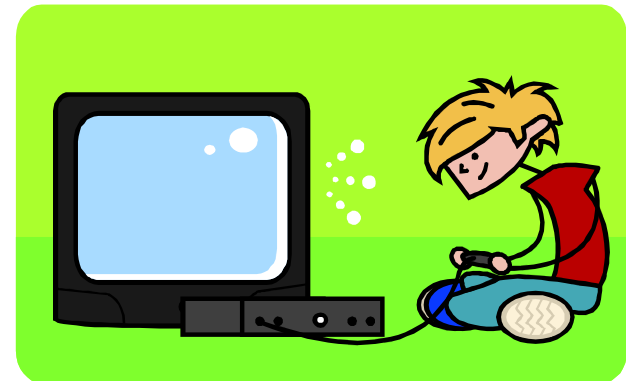
Read the 'Healthy Gaming Guide' at

www.xbox.com

or visit

[www.rospe.com/safetyeducation/advice/computers.
htm](http://www.rospe.com/safetyeducation/advice/computers.htm)

SAFE GAMING



A GUIDE TO PLAYING SAFELY

THE DANGERS



- ➔ **Joystick digit** - using your fingers too much on the controls can damage them
- ➔ **Mouse elbow** - repetitive movements of the mouse can damage the tissue of your elbow and arm and give you palm blisters
- ➔ **Black rings** - staring at the screen too long can give you black rings around your eyes and cause eye strain
- ➔ **Back ache** - sitting at the computer too long can give you stiff muscles and back ache
- ➔ **Epilepsy** - can be triggered by flashing on the screen
- ➔ **Electrocution** - electric equipment can kill!

BE SAFE

- ✓ Take a 10 minute break every hour
- ✓ Keep hands, fingers and other body parts relaxed
- ✓ Don't sit too close to the screen
- ✓ Sit up straight
- ✓ If your game is flashing a lot take more regular breaks
- ✓ Don't put drinks near the computer
- ✓ Don't try to move the computer on your own
- ✓ Don't spend hours playing on the computer - get some exercise!

Remember play safe!