

Princeton PC Users Group - Clarke Walker
www.PPCUG-NJ.org

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Videos (some of these are suggestions by Don Arrowsmith, PACS President)

Computer Ergonomics as Fast As Possible

Sitting at a computer all day can lead to all sorts of health problems! Taran explains different ergonomic and behavior solutions.

<https://youtu.be/bLBKUbnyT5s>

QWERTY vs Dvorak As Fast as Possible

The QWERTY keyboard layout was developed for typewriters. So why do we still use it today?

<https://youtu.be/tIJNusYZXMA>

9 Tips for a Healthy Ergonomic Workstation - Mayo Clinic

Gaylord Bridegan, Certified Professional Ergonomists, discusses a few tips based on studies he has conducted in human computer interaction. This video demonstrates the most common types of workstation adjustments for computer operators. By following these nine simple steps will help reduce discomfort, fatigue, absenteeism, risk of musculoskeletal injuries and metabolic syndrome.

https://youtu.be/K88q_oEwRS8

Windows 10 Preview

<https://blogs.windows.com/windowsexperience/2018/02/07/announcing-windows-10-insider-preview-build-17093-pc/>

Windows 10 Build 17093 - Eye Tracking, Cortana, Settings, Reveal, Xbox + MORE

Zac from "Windows Central" is back with another Windows 10 build video! Today, we're taking a look at the new improvements to eye tracking, Cortana, Focus assist, Xbox and more!

<https://youtu.be/7ZbAvY8fZQk>

Hands on with Windows 10 Redstone 4 Build 17093

Ian Dixon - Welcome to my latest Windows 10 Redstone 4 hands on video. In this video I take a look at some of the changes in the build including a new look game bar, new settings for multi-GPU systems, extra HDR option and new Windows Security settings. In this video I also talk about some of known issues and additional changes. You can read more on my blog post and make sure you checkout my YouTube channel.

<https://youtu.be/zLHBOdew5a8>

Windows 10 build 17093: Hands-on with multi GPU settings, Game Bar, Eye Control, Edge

Pureinfotech - New features and changes in Windows 10 build 17093, including multi GPU settings, Eye Control, Microsoft Edge clutter-free printing, one-click connect Bluetooth, Settings, and everything else. * Note: This is was review using Windows 10 Pro, but on Windows 10 S, starting with build 17093 there are changes to allows "S" device to setup the OS without the need of a password -- just using the Microsoft Authentication app (check the link below for more details).

<https://youtu.be/CHAA5KtUpQs>

Cell Phone Ergonomics | UCLA Rehabilitation Services

UCLA Health - proper use of cell phones.

<https://youtu.be/9AcFBbd1pUM>

How Is Your Phone Changing You?

AsapSCIENCE - Should you be worried about your cellphone?

Written by Annik Carson, Rachel Salt, Gregory Brown and Mitchell Moffit

<https://youtu.be/W6CBb3yX9zs>

Funny cell phone accidents

<https://youtu.be/hbI4BI7x6Os>