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THE IMPACT OF ELECTRONIC DEVICES ON HUMAN HEALTH

The modern world is impossible without all sorts of electronic devices. All of these devices have some impact on human health whether or not it is as harmful as we have been told before. Now electronics surrounds us every day – we carry phones, tablets, warm up food in the microwave, work at the computer, watch movies on TV and more. In our article we will look at the most commonly used sources of electromagnetic radiation directed at us.

Computers

The computer has become an integral part of our lives. And when we talk about the threat of electromagnetic radiation, it is the PC that is implied by one of the most common sources of EMP. A regular personal computer consists of several devices – a system unit, a monitor, a mouse and a keyboard. And, for some reason, when we talk about its harm, we always mean the monitor. In principle, there is nothing surprising in this, because it is the screen of the monitor which is always in direct contact with the eyes of the person. Of course, the display can have some effect on the state of human health, but the myth of the exceptional harm of the computer was created at a time when the screens of monitors had a fairly primitive structure, which

increased the possibility of their X-ray, ultraviolet and infrared radiation. At the moment, manufacturers are increasingly concerned about the safety of users and every year improve the technologies used in displays. They limit the detrimental effects on consumers. Of course, this does not mean that you can "stare" into the computer screen for 24 hours a day.

TVs

Modern TVs are great for computer monitors, so everything that has been said above about the computer display applies to TVs. The main condition for limiting the impact of the TV is a sufficient distance when watching it, given the rather large size of modern TV models. The recommended distance when watching TV should not be less than two meters in front of the TV and one meter and ten centimeters on the sides, but it all depends on the signal and diagonal.

Microwaves

Microwave furnaces and air grills are the most powerful sources of electromagnetic waves. The impact of these electrical devices depends on the parameters of a particular model, namely industrial frequency indicators. Naturally, the higher it is, the greater the effect of the microwave magnetic field on human health. However, this was relevant for microwave ovens produced before 1995. At the time, users complained of skin, nervous and cardiovascular diseases, explaining the harmful effects of the electronic devices.

Air conditioning

A modern house is almost always equipped with air conditioning to protect against heat. Climate equipment not only helps to normalize the microclimate in dry weather, but also prevents the possibility of ill-health due to heat and exacerbation of cardiovascular diseases. But almost 20 years ago, people were terrified of the possibility of an enormous influence of electromagnetic waves, the source of which was air conditioning. Of course, such information was not plausible, and the advantages of the use of air conditioning were much bigger than cons.

Hairdryers and razors

A hair dryer and an electric razor can have a really detrimental effect. Variable electromagnetic radiation of these small electrical appliances can cause DNA damage and cell death, but these processes can be overlooked over time. The most unusual is that such a harmful effect has the ability to accumulate. However, it has not yet been fully established how dangerous short-term use of these devices is.

Players

Each device can be harmful to health if it is unwisely used, including a regular audio player. This mobile device can disrupt a user's hearing when listening to music at a high volume level. Also, such treatment of audio equipment during a walk can lead to dulling of vigilance of the user on the road.

Cell phones

Mobile phones today are an integral part of our lives. Prolonged use of phones can indeed have a detrimental effect on your body. The smartphone can be the cause of headaches, tinnitus, feelings of heat on the face. The phone can also cause addiction, psychiatrists say.

Refrigerators

Scientists have not yet been able to determine the negative impact of the refrigerator's electromagnetic waves, but due to the lack of sufficient ventilation it can become a place of unpleasant odors and harmful mold, as well as bacteria that accelerate the rotting of products. A possible solution may be forced ventilation of the refrigeration chamber. However, manufacturers have found a modern solution to this problem – air ionization.

In conclusion we can say that the electronic technology itself is neutral. Whether it is good or not all depends on how people use it.