

# Health and Safety requirements for Computer Maintenance

Ajay Jassi



## Before the process

- Backup all of the data that is important.
- Check system BIOS so that if any parts of the computer is damaged it will give a warning, so the problem is known.



## Manual handling

- When lifting up a computer, legs must be bent and back must be straight up.

# Computer Maintenance Practical Guide

**Michael Brown**



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