[Инструкция по охране труда программиста](http://sysot.ru/%D0%B8%D0%BD%D1%81%D1%82%D1%80%D1%83%D0%BA%D1%86%D0%B8%D1%8F-%D0%BF%D0%BE-%D0%BE%D1%85%D1%80%D0%B0%D0%BD%D0%B5-%D1%82%D1%80%D1%83%D0%B4%D0%B0-%D0%B4%D0%BB%D1%8F-%D0%BF%D1%80%D0%BE%D0%B3%D1%80%D0%B0/)