

Health & Safety for Computer Operators

1. KNOW THE RULES

Always follow the instructions regarding computer use and use of a workstation given by your employer. Read the Health and Safety signs and notices in your workplace. Inform your employer if you have any concerns or questions about your workstation or computer use.

1. Sitting at the workstation for long periods of time.
2. Working at a fast speed.
3. Rapid repetitive movements.

IF YOU WORK WITH A COMPUTER YOU ARE AT RISK

The likelihood of these symptoms increases with the amount of time you spend at the workstation. It is important to take regular breaks and to stretch and exercise. Taking regular breaks reduces the risk of developing these symptoms.

FIX THE COMPUTER FITNESS

It is important to fix the workstation in such a way that you can work comfortably. Contact your employer for advice on how to adjust the workstation. Make sure you are comfortable when you work at your workstation.

HEALTH PROBLEMS LINKED TO COMPUTER USE

Common health problems of the neck, hands and arms, eyes, shoulders and wrists, and back are linked to computer use. These health problems can be prevented by taking regular breaks and stretching. It is important to fix the workstation in such a way that you can work comfortably. Contact your employer for advice on how to adjust the workstation. Make sure you are comfortable when you work at your workstation.

2. TAKE CARE OF YOUR EYES

1. Take regular breaks from the computer screen to rest your eyes.
2. Blink often and avoid dry eyes. Use eye drops if necessary.
3. Adjust your workstation to avoid eye strain. The screen should be at eye level.
4. Use proper lighting in your workstation. Avoid glare and shadows on the screen. Use a desk lamp if necessary.



3. ADJUSTING YOUR WORK STATION

Setting the workstation of the office computer and equipment is an important step in preventing health problems. It is important to adjust the workstation to suit your own needs and preferences.

USE PROPER LIGHTING

1. Avoid glare and shadows on the screen. Use a desk lamp if necessary.
2. Adjust your workstation to avoid eye strain. The screen should be at eye level.
3. Use proper lighting in your workstation. Avoid glare and shadows on the screen.
4. Make sure your workstation is well lit. Use a desk lamp if necessary.



ARE YOU SUFFERING FROM NECK PAIN?

Neck pain is a common problem for computer operators. It is caused by poor posture and prolonged sitting at the workstation.

Adjust your workstation to avoid neck pain. The screen should be at eye level and the keyboard should be at wrist height.

Take regular breaks from the computer screen to rest your neck. Stretch your neck muscles regularly.

Use proper lighting in your workstation. Avoid glare and shadows on the screen.

Adjust your workstation to avoid neck pain. The screen should be at eye level and the keyboard should be at wrist height.

Take regular breaks from the computer screen to rest your neck. Stretch your neck muscles regularly.

Use proper lighting in your workstation. Avoid glare and shadows on the screen.

Adjust your workstation to avoid neck pain. The screen should be at eye level and the keyboard should be at wrist height.



NECK PAIN
Use proper lighting in your workstation. Avoid glare and shadows on the screen.

WRIST SUPPORT

Use a wrist support to reduce wrist strain. This helps to keep your wrists straight and supported.

Adjust your workstation to avoid wrist strain. The keyboard and mouse should be at wrist height.

Take regular breaks from the computer screen to rest your wrists. Stretch your wrist muscles regularly.

Use proper lighting in your workstation. Avoid glare and shadows on the screen.

Adjust your workstation to avoid wrist strain. The keyboard and mouse should be at wrist height.

Take regular breaks from the computer screen to rest your wrists. Stretch your wrist muscles regularly.

Use proper lighting in your workstation. Avoid glare and shadows on the screen.

Adjust your workstation to avoid wrist strain. The keyboard and mouse should be at wrist height.



FOOTREST

Use a footrest to reduce back strain. This helps to keep your feet flat on the floor.

Adjust your workstation to avoid back strain. The chair height should be adjusted so that your feet are flat on the floor.

Take regular breaks from the computer screen to rest your back. Stretch your back muscles regularly.

4. TAKE A BREAK

Take regular breaks from the computer screen to rest your body. This helps to reduce the risk of developing health problems.



1. HEAD AND NECK
Stretch your neck muscles regularly. This helps to reduce neck strain.



2. SHOULDERS
Stretch your shoulder muscles regularly. This helps to reduce shoulder strain.



3. LOWER BACK
Stretch your lower back muscles regularly. This helps to reduce lower back strain.



4. LOWER BACK
Stretch your lower back muscles regularly. This helps to reduce lower back strain.



5. WRISTS
Stretch your wrist muscles regularly. This helps to reduce wrist strain.



6. HANDS
Stretch your hand muscles regularly. This helps to reduce hand strain.

Computers Work And Health

Marvin J. Dainoff



Computers Work And Health:

Health Hints on Computer Work Hong Kong Labour Department. Occupational Safety & Health Branch,2000

Ergonomics and Health Aspects of Work with Computers Michelle M. Robertson,2011-06-27 This book constitutes the refereed proceedings of the International Conference on Ergonomics and Health Aspects of Work with Computers EHAWC 2011 held within the framework of the 14th International Conference on Human Computer Interaction HCII 2011 incorporating 12 thematically similar conferences A total of 4039 contributions was submitted to HCII 2011 of which 1318 papers were accepted for publication The 25 papers presented in this volume were carefully reviewed and selected for inclusion in the book They are organized in topical sections on quality of working life health and well being and interactive devices and interfaces

Computers, Work, and Health Trevor Andrew Williams,1988 Williams industrial and administrative studies U of Wollongong Australia examines the effects of new computer technology on clerical and keyboard wor and on those performing it Written primarily for managers unionists compu systems analysts and designers occupational health and safety spec

Human Computer Interaction Handbook Julie A. Jacko,2012-05-04 Winner of a 2013 CHOICE Outstanding Academic Title Award The third edition of a groundbreaking reference The Human Computer Interaction Handbook Fundamentals Evolving Technologies and Emerging Applications raises the bar for handbooks in this field It is the largest most complete compilation of HCI theories principles advances case st

Encyclopedia of Computer Science and Technology Harry Henderson,2009 Presents an illustrated A Z encyclopedia containing approximately 600 entries on computer and technology related topics

The Human-Computer Interaction Handbook Andrew Sears,Julie A. Jacko,2007-09-19 This second edition of The Human Computer Interaction Handbook provides an updated comprehensive overview of the most important research in the field including insights that are directly applicable throughout the process of developing effective interactive information technologies It features cutting edge advances to the scientific

Official Gazette of the United States Patent and Trademark Office ,2007

Ergonomics and Health Aspects of Work with Computers Ben-Tzion Karsh,2009-07-15 The 13th International Conference on Human Computer Interaction HCI Inter tional 2009 was held in San Diego California USA July 19 24 2009 jointly with the Symposium on Human Interface Japan 2009 the 8th International Conference on Engineering Psychology and Cognitive Ergonomics the 5th International Conference on Universal Access in Human Computer Interaction the Third International Conf ence on Virtual and Mixed Reality the Third International Conference on Internati alization Design and Global Development the Third International Conference on Online Communities and Social Computing the 5th International Conference on Augmented Cognition the Second International Conference on Digital Human Mod ing and the First International Conference on Human Centered Design A total of 4 348 individuals from academia research institutes industry and gove mental agencies from 73 countries submitted contributions and 1 397 papers that were judged to be of high scientific quality were included in the program These papers dress the latest

widespread health and safety problems including vision musculoskeletal repetitive motion and stress related illnesses Many have also charged that the electromagnetic fields EMFs emitted by computer terminals are responsible for miscarriages for birth defects and for promoting cancer As office workers sought to protect themselves against these new occupational health and safety problems they found little help from organized labor business or the government Office Politics is the first book to explain why It shows how corporate interests successfully redefined the VDT health and safety crisis as a comfort problem how the government refused to collect data on the true scope of VDT related illnesses or to regulate Information Age industries and how labor unions ignored women workers Office Politics is key reading for everyone who works at a computer It will be of special interest to students academics and professionals in political science sociology occupational and environmental health business labor and management issues women s studies computing and public policy

Ergonomics and Health Aspects of Work with Computers Marvin J. Dainoff,2007-08-24 This book constitutes the refereed proceedings of the International Conference on Ergonomics and Health Aspects of Work with Computers EHAWC 2007 held in Beijing China in July 2007 in the framework of the 12th International Conference on Human Computer Interaction HCII 2007 with 8 other thematically similar conferences It covers health and well being in the working environment as well as ergonomics and design

Does Computer Work Affect Health? Gabriele Bammer,1993

Computers and the Information Society Richard S. Rosenberg,1986 This book should be viewed as a guide to current and future applications of computers and their associated benefits and problems Among the basic themes presented are the following the increasing importance of information as a commodity in its own right the emergence and influence of artificial intelligence AI the changing nature of work in response to technological innovation the relation between people and computers at work and play the relationship of advances in computer technology and the possibility of increased centralization of authority personal freedom in the machine age with respect to privacy work and play computers as a dominant force in society

Industrial Court Reports Great Britain. National Industrial Relations Court,1981

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Computers for Business Hugh J. Watson,Archie B. Carroll,1980

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