



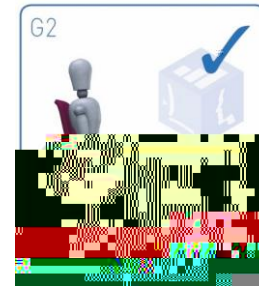
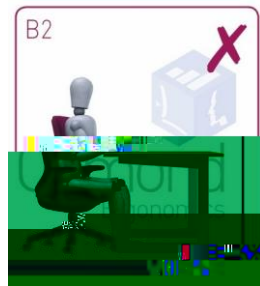


Preventing Health Problems

Problem	Incorrect	Correct
Wrist and finger pain		

Cause: Chair not adjusted to the correct height or too far from the desk to allow a perfect L between the shoulder, elbow and wrist so the fingers are not horizontal to the keys or the mouse. Dirty mouse. Striking keys too hard. Not using the mouse correctly

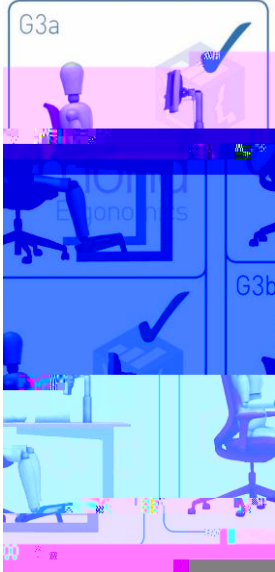
Effect: Head tilts forward, shoulders are hunched, blood circulation restricted as feet wrapped round chair. If the fingers are not horizontal to the keys or mouse the wrist



Problem	Incorrect	Correct
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Lower back pain

Cause: Chair set at the wrong height. Using a chair that

Problem	Incorrect	Correct
<p>Eyesight defects temporary visual fatigue, dry eyes</p>		
	<p>Cause: Staying in the same position, concentrating for too long. Poor positioning of DSE. Poor legibility of the screen or source document. Flickering screen. Glare from monitor, lights or windows</p> <p>Effect: DSE is not associated with eye damage but it can raise awareness of those with pre-existing vision defects. Temporary visual fatigue can lead to impaired visual performance, red or sore eyes and headaches. Glare can cause eye strain and some contact lens wearers suffer from dry eyes as the heat generated by DSE can make the air seem drier around the monitor area</p>	<p>Make sure there is a comfortable viewing distance between the eyes and screen</p> <p>Ensure the top of the monitor is just below eye level</p> <p>Place the desk between lights and not directly under them. If this is not possible switch the overhead light off and use an angle poise lamp</p> <p>To reduce glare from windows move the monitor or fit blinds t</p>

Problem	Incorrect	Correct
Fatigue and stress	<p>Cause: Poor job design or work organisation. Including unsuitable equipment, uncomfortable environment, increase in work pace, pressure to complete the task and lack of training</p> <p>Effect: Fatigue and stress and their associated side effects eg headaches, dizzy spells, vision problems</p>	<p>Training. So Users have the competence to carry out any tasks, reducing unnecessary worries / concerns</p> <p>Select equipment and software which is suited to the work requirements</p> <p>Assign tasks according to User capabilities</p> <p>Good design of the User's workplace, environment and task</p>