**Back Problems**

- **Causes:**
  - Poor posture when sitting
  - Awkward position while sitting
  - Arched back
  - Pains all around the back
  - Use a chair with a back rest
  - Sit with your back straight
  - Position monitor so neck doesn't bend down/up
  - Get a chair with a straight back

- **Symptoms:**
  - Arched back
  - Pains all around the back

- **Preventions:**
  - Use a chair with a back rest
  - Sit with your back straight
  - Position monitor so neck doesn't bend down/up
  - Get a chair with a straight back

**Eye Problems**

- **Causes:**
  - Staring at screen too long
  - Being too close to the screen
  - Working in bad light
  - Using a screen which flickers
  - Burning or itching eyes
  - Blurring or double vision
  - Headache, fatigue & nausea

- **Symptoms:**
  - Burning or itching eyes
  - Blurring or double vision
  - Headache, fatigue & nausea

- **Preventions:**
  - Use screen filters
  - Fit an anti-glare screen
  - Have regular eye test
  - Take regular breaks
  - Use proper lighting & window blinds
  - Take a look away from screen periodically
  - Have eyesight tested/get glasses
  - Use TFT / LCD / Plasma screens

**Work Environments**

- **Must provide tilttable screens**
- **Make sure workstations aren’t cramped**
- **Train all computer users**
- **Inspect workstations regularly**
- **Make sure lighting is suitable**
- **Provide foot rest/supports**
- **Provide adjustable chairs**

**Hardware (Ergonomics)**

- **Use special designed mice/keyboards**
- **Monitors should have good resolution/size**
- **Printers/copiers should work well**

- **Problem:**
  - Risk of electrocution
  - Trailing cables
  - Risk of fire
  - Heavy equipment falling

- **Prevention:**
  - Have Circuit Breakers installed
  - Create ducts/cover cables with carpets etc.
  - Use sturdy tables
  - Use an extinguisher

- **Problem:**
  - Excessive force used in typing
  - Repetitive finger & hand movements
  - Badly designed workstations
  - Pain in arms & hands

- **Prevention:**
  - Take regular breaks from typing
  - Keep elbows close to your sides
  - Use wrist rests
  - Finger exercises periodically
  - Use an ergonomic keyboard