

Occupational Health and Safety

Safety tips for computer operators

Your good health is your greatest wealth

2. Body posture

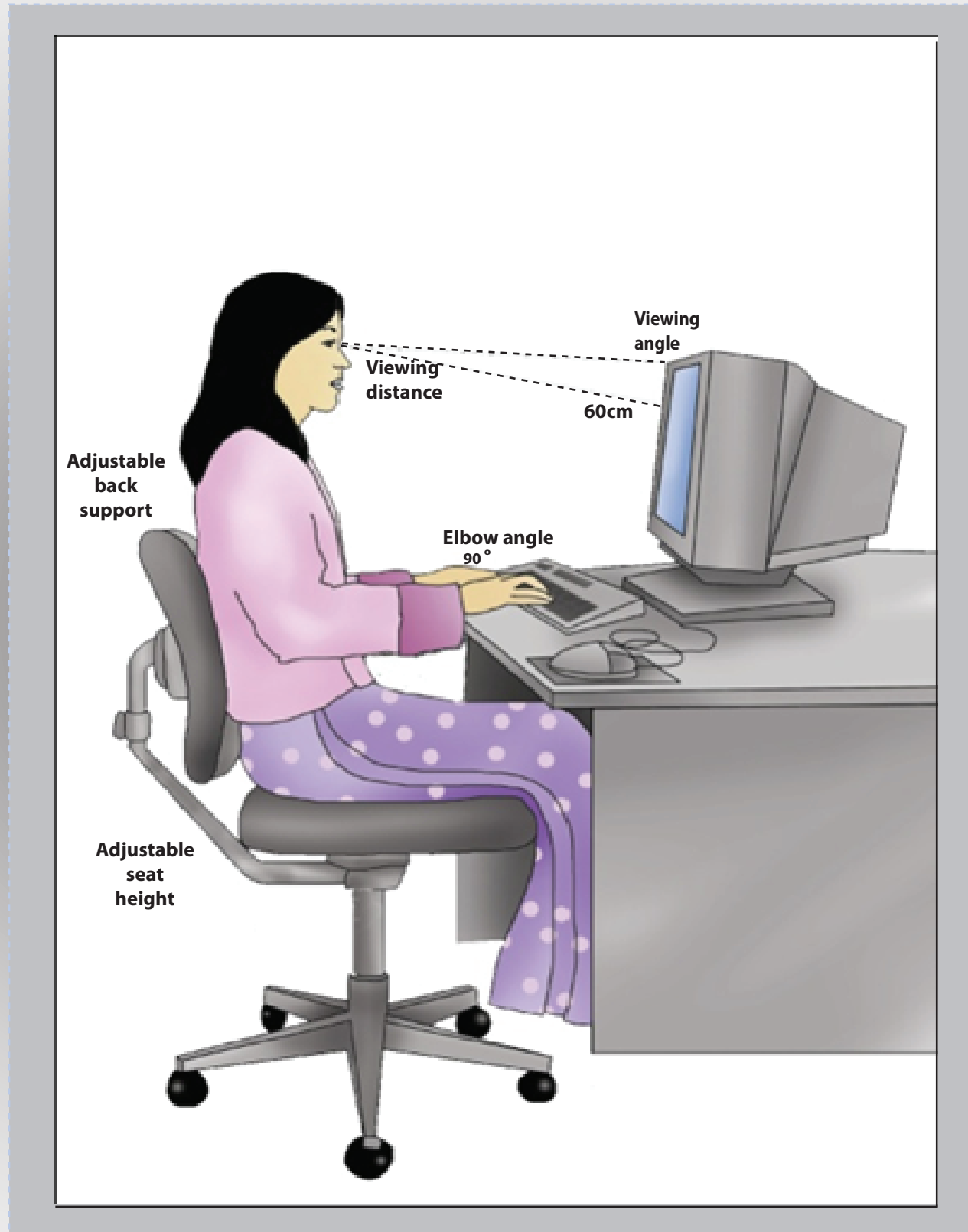
- * Sit on the front of the display and relax your shoulder
- * Adjust back/seat of the chair to support your spine and keep it aligned
- * Your arms should be parallel to the desk when working with the keyboard
- * Do not twist your body while facing the monitor

3. Chair

- * Adjust the high of your chair so that your feet are flat on the floor

1. Computer

- * The top of the monitor should be just below eye level and place it at your arm's length away from you
- * Keep the monitor clean



4. Illumination

- * There should not be any flickering or glare on the screen
- * Illumination around the workplace should be maintained at minimum of 300 Lux

5. Take breaks

- * Take a break every hour of work
- * Change your activity and position regularly
- * Stretch or exercise your arms and legs at regular intervals

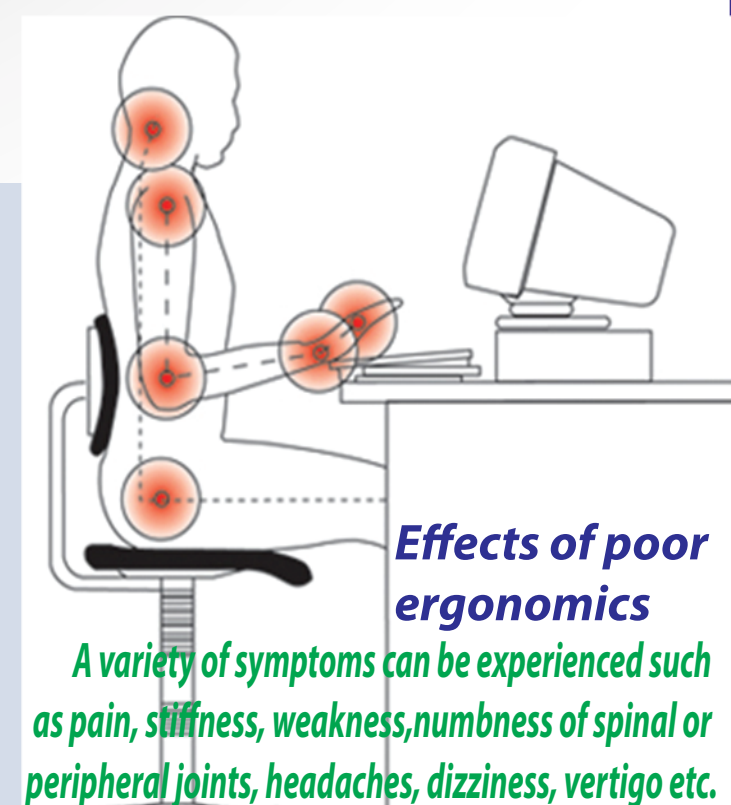
COMMON COMPUTER RELATED HEALTH PROBLEM :

Eye disorder

Working for long hours with a computer can lead to deterioration in vision especially for those prone to visual problems. The computer related health problem or disorder are itchiness, gritty feeling, redness, tearing, dryness, sensitivity to light, blurring, flicker vision, double images etc.

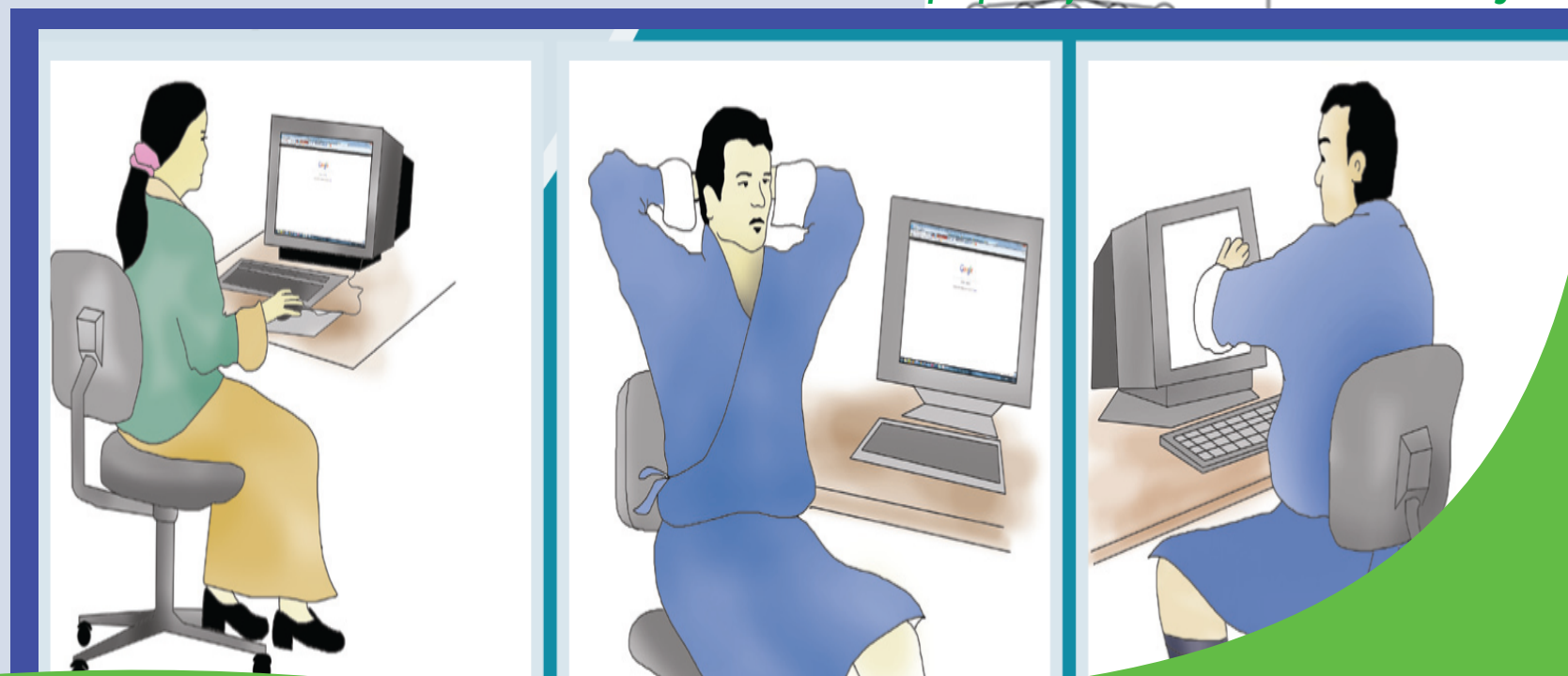
Musculoskeletal disorders

The primary risks factors for computer related health problems include repetitive motions, poor support, awkward posture, forceful movements and overall poor workplace area set-up.



REMEMBER :

NEVER work in discomfort position
Follow these simple tips **RIGHT NOW**
and you will save your hands, arms, back and eyes



Department of Labour (DoL)

Ministry of Industry, Commerce and Employment