

DISPLAY SCREEN EQUIPMENT AND HEALTH

Karen Markes – Occupational Health Adviser
Elaine McDermott – Occupational Health Adviser

AIMS

- To provide insight into the health problems that can arise from inappropriate DSE usage.
- To identify ways in which these problems can be prevented or alleviated.

OBJECTIVES

- To describe the health problems that can arise from DSE usage.
- To demonstrate principles of good practice.
- To show a range of DSE accessories.

FACTS AND FIGURES


- In excess of 1 million people in the UK suffered from a musculoskeletal disorder caused or made worse by work in 2001/2002.
- Approximately 400,000 of these people suffered from upper limb disorders, resulting in a loss of around 4 million working days.

(HSE, 2003)

FACTS AND FIGURES

- Fatigue and aching shoulders and neck were the most common symptoms reported by DSE users.
- Those who reported problems tended to work greater than 75% of their time on DSEs.

HEALTH PROBLEMS

- Upper Limb Disorders
 - Back Pain
 - Eyestrain
 - Stress and Fatigue
- 
- Decorative concentric circles in the bottom right corner of the slide.

CAUSES OF ERGONOMIC INJURY

- Posture
- Repetition
- Duration/Insufficient recovery time
- Force
- Environment
- Job design
- Individual differences









Thank You

Occupational Health Service

University of Oxford

Tel: 01865 2-82676

Email: enquiries@uohs.ox.ac.uk

Web: www.admin.ox.ac.uk/uohs/

