



**EN SAVOIR PLUS :**

Ask your occupational doctor for advices

## SCREEN WORK

« I don't move, and however it hurts... »

### HISTORY

3 to 4% of declared MSDs are attributable to work screen, while the reported pains can touch 20 to 50% of the operators if the screen working conditions are not good.

### WARNING SIGNS

Your neck, your back or your arms hurt when you are working or after.  
You also feel a discomfort, a visual fatigue.

### WHAT ARE THE POTENTIAL EFFECTS ON HEALTH ?

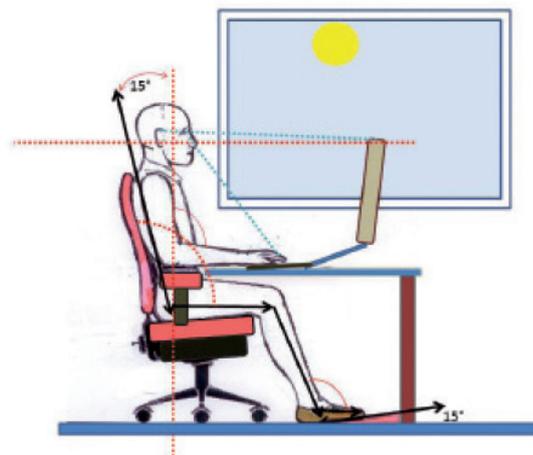
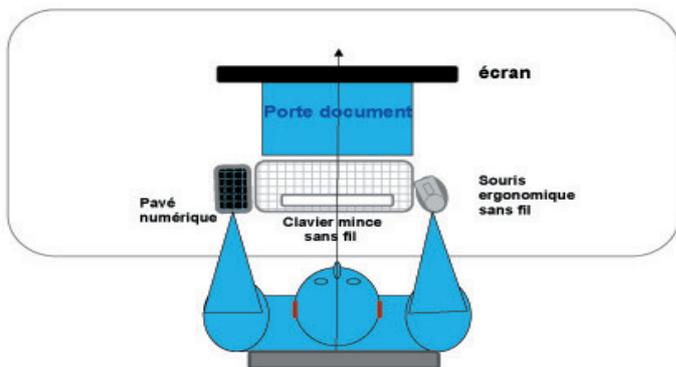
- Screen work may be the source of :
  - > pains and injuries of the hand, elbow and shoulder tendons,
  - > possible compression of the nerves in the arms
  - > muscle contractures (neck...)
- Screen work can also reveal eye problems that were gone unnoticed before.

## BEHAVIOUR GUIDELINES

Consult an ophthalmologist to correct as best as possible all your eye problems, particularly for the intermediate vision (between 50 and 70 cm), even if they are minor.

### DESIGN AND EQUIPMENT OF THE WORKSTATION: BY THE EMPLOYER

- **Optimise your equipment purchase** based on a study of your needs. Ask your occupational doctor for advice.
- Even if it is a laptop, the screen must be of high quality and adequate size (from 12 to 14 inches and light for nomadic working and exposure under one hour a day; bigger laptop -15 inches - if more than an hour a day at the same place, add a bigger external monitor -17 to 20 inches - if working mostly stationary).
- **Set up cables long enough** to install your hardware easily, and adapted IT and electric extension cords housed in casings to avoid any clutter and risk of falling.
- **Place the tilting and height-adjustable screen in front of the operator** around 60 cm away from the eyes, so the upper limit of the screen is at the same level as the eyes (except for very big screens) or a bit lower so you don't have to raise your head and eyelids.
- Software must have a **light background**. Use characters as big as possible.
- **Avoid glare and bright reflections** by placing the screen perpendicularly to the window.
- Be sure the workstation light level is high enough (recommendations: 400 to 500 lux) and is the same in the whole premises.
- Provide **ergonomic seats**
  - > typing tasks requiring to look alternatively at a paper document and a screen
  - > use mostly or intensively the mouse are the most exhausting: organize the work load so these tasks do not exceed 4 hours a day.
- **Set up a training on ergonomics in screen work (talk about it with your occupational doctor).**



EN SAVOIR PLUS :

- » **SOBANE BOOKLET :**  
Screen work : [www.deparisnet.be](http://www.deparisnet.be)
- » **SUVA :** [www.suva.ch](http://www.suva.ch)
- » **IRSST :** Litterature review and experts opinion on SMDs associated with computer mice
- » **INRS :** Screen work in 50 questions

BEHAVIOUR GUIDELINES

« ... so if I move, it doesn't hurt »

ORGANIZATION AND INSTALLATION OF THE WORKSTATION : EVERYONE

- **Alternate tasks** suspending regularly screen work to change the position and enable the eyes to rest (10 minutes per hour).
- **Adjust the seat height** depending on the height of the working surface and the depth of the seat depending on the lap length. Adjust the height of your seat so you can come as close as possible to a resting position: dangling arms, close to the body and relaxed shoulders, open angle of the forearm in the arm (see figure). In general, elbows must be at the same level as the working surface.
- **Backrest straight or tilted** at 10 to 15° to the back, stay leaned on the backrest during the work with a good spinal support to enable muscles to relax by keeping the natural curves of the back. Take your seat as close as possible to the working surface.
- Feet must lie on an open angle on the floor or on a footplate for small people.
- **Declutter the area** under the desk: bin, central unit, cables... you must be able to uncross and extend your legs, move them...
- **Put the keyboard away from the edge of the table** to let a space where you can rest your forearms. The keyboard must be as flat as possible. During typing tasks, try to adopt a resting position or a position as close to it as possible. If the keyboard is **slim**, the wrist rest is not necessary because it could lead to a wrist contortion.
- **If possible, choose separate keyboard and numeric keypad :** the numeric keypad on the left rather than on the right (for right-handed people) so you don't have to move your arm away from the central axis to use the numeric keypad and the mouse (see figure).
- **Prefer working on the keyboard** instead of with the mouse. For example, use keyboard shortcuts instead of right clicking on the mouse.
- Choose an ergonomic mouse : inclined and wireless.

