

Fitting your workstation.

With the constant bombardment the press throws at us every day about new risks and threats, it is possible to find ourselves overlooking some of the basic risk management considerations, amid all the noise from the latest big issue. While neither headline-making nor exciting, managing the basics can result in significant loss mitigation and cost savings. Among the top areas of consideration should be computer work station safety. There is hardly a function that does not involve some computer use.

Most Common Injuries Sustained from Computer Use

- € Backaches, neck fatigue and shoulder or arm pain. These types of injuries are usually caused when the work station is not properly fitted for the operator and can result in muscle aches in the back, neck, shoulders and arms. Working in this position for extended periods of time can lead to numbness, stiffness and even muscle or nerve damage.
- € Hand, wrist and finger injuries. Generally, injuries to the muscle, nerves and tendons in the hands and wrists can be directly linked to either improper height of the keyboard, or repetitive movements such as typing or clicking the mouse. Done over a period of years, these injuries can be debilitating.
- € Headaches, eye strain, blurred vision and dizziness. These problems may be attributed to a screen that is too high or too low, or tilted at the wrong angle, resulting in eye fatigue. A screen that is too dark or does not have enough contrast will cause eye strain, headaches and even dizziness.

While working at a computer can lead to a variety of injuries, the most important thing to do to prevent injury is to properly fit the workstation. We encourage you to share the Fitting Your Work Station Checklist, below, with folks in your entity.

