

6th International Conference and Exhibition on

OCCUPATIONAL HEALTH & SAFETY

September 13-14, 2017 | Dallas, USA

Computer injuries and their prevention in scientific ways

Arun Kumar Huttanahalli Muniyappa

Supersonic International Speed Typing Academy, India

Computer users have experienced and have been experiencing several health hazards like eye strain, neck pain and back ache. Most of them will lead to both physical and mental stress. One of the greatest inventions of the present world is “The Computer” invented by Charles Babbage of London in 1822. It has become a part and parcel of our lives. There is no office or house without a computer. Occupational health problems including Repetitive Strain Injury (RSI) Computer Vision Syndrome, Carpal Tunnel Syndrome are not uncommon. Many studies in worldwide have been reporting that long working hours without taking breaks on computers are injurious to health. Many people including kids are unable to carry out their routine work like eating, dressing, bathing and even opening or closing a door without help. When computers were invented, silently computer related injuries also started as many people were unaware of the scientific way of working on them. The CPU, monitor, keyboard and mouse were kept according to the place available and to their convenience and not in a proper way and nobody were also taught about the same. Many countries in the world are spending billions of Dollars as compensation and to treat the injuries but nothing much is being done to prevent the same. I have done 20 years of research on computer related injuries and have designed safe techniques with modified furniture to prevent the same. Simple techniques like proper positioning of the Monitor, CPU, keyboard, using ergonomic chairs without any bearing to rotate and but with stiff back rest can minimize and prevent the injuries. Right posture of the operator and good technique of typing can further prevent the injuries.

computerinjuryhelp@gmail.com