

WORK AT THE VIDEO TERMINAL

The systematic use of video terminals involves taking certain precautions for the protection of health. Maintaining incorrect habits in the use of video terminals can involve risks for eyesight and eyes as well as problems related to posture and physical or mental fatigue.

It should be clarified, first of all, that the studies carried out so far lead to the exclusion of risks for video terminals

specific deriving from radiation, ionizing and non-ionizing, both for the operator and for the offspring. Theirs

level is that found in common living environments where electrical and electrical equipment is used television.

In pregnant women there are postural variations related to pregnancy which could favor the onset of back pain, this may recommend more frequent breaks and a shorter working time.

To prevent the disturbances that sometimes accompany the use of video terminals, it is advisable to comply with the

indications reported here.

Take breaks

It is necessary to insert a break or change activities for at least fifteen minutes every one hundred and twenty minutes of

continuous application to the video terminal. This is a preventative measure that allows both the eyes and

for the musculoskeletal system to rest, the fixity of the posture can in fact be harmful.

Arrange the station

The work plan must have:

- Large enough surface to arrange the necessary materials and equipment (video, keyboard, etc.) and allow the forearms to rest in front of the keyboard;
- Depth that ensures correct viewing distance from the screen, bearing in mind that large screens require tables of greater depth;
- Light surface color, possibly different from white, and in any case non-reflective;

- Stability and height, fixed or adjustable, indicatively between 70 and 80 cm;
- A space suitable for comfortable housing and movement of the lower limbs and for putting on them the seat.

The seat must:

- Be of the swivel type, firm against slipping and overturning, equipped with a stable base or a five support points;
- Have the top and backrest independently adjustable so as to ensure a good one support of the feet and support of the lumbar area;
- Have the edges of the top beveled, in a material that is not too yielding, permeable to water vapor and cleanable;
- Be easily movable also in relation to the type of floor;
- If necessary, be equipped with a separate footrest, to allow you to assume a posture suitable for the operator's lower limbs.

The working environment

- Noise must not disrupt attention and verbal communication;
- It is necessary to avoid drafts and that the air is not too dry which can cause irritation of the eyes.

The same precaution must be placed in avoiding radiant heat sources placed in the immediate near the station, such as heating systems but also windows that may be affected by direct sunlight;

- In order to avoid reflections on the screen, glare and excessive brightness contrasts workplace must be oriented perpendicular to the windows. Artificial lighting of the environment must be made with lamps provided with screens and flicker-free, placed so that they are outside the operators' field of vision;
- In order to avoid reflections on the screen, glare and excessive brightness contrasts workplace must be oriented perpendicular to the windows. Artificial lighting of the environment must be made with lamps provided with screens and flicker-free, placed so that they are outside the operators' field of vision; for ceiling lamps no shielded, the line between the eye and the lamp must form an angle of not less than 60 ° with the horizon.

Laptop

Prolonged use of laptops is facilitated by the use of a keyboard and mouse or other external pointing device as well as a suitable support that allows correct positioning the screen.

To avoid the onset of musculoskeletal disorders

- Assume the correct posture in front of the video, with feet well resting on the floor and back resting on the back of the chair in the lumbar section, adjusting the height of the chair for this purpose the inclination of the backrest;
- Position the video screen in front so that the top edge of the screen is placed a little lower than the horizontal passing through the operator's eyes and at a distance with eyes equal to about 50-70 cm;
- Place the keyboard in front of the screen, unless the screen is used occasionally, and the mouse, or any other frequently used devices, on the same plane as the keyboard and so on that they are easily accessible; Type and use the mouse avoiding stiffening of the fingers and wrist and holding the forearms resting on the work surface in order to relieve the tension of the neck and shoulder muscles;
- Avoid, as far as possible, fixed working positions for prolonged times. In case this were inevitable the practice of frequent relaxation exercises is recommended (neck, back, upper limbs and lower).

To avoid the onset of visual problems

- Correctly illuminates the station, possibly with natural light, by adjusting the curtains or blinds, or with artificial lighting. The conditions of greater visual comfort are achieved with not excessive illumination and with light sources placed outside the field of view e that do not differ significantly in intensity from those of the objects and surfaces present in the immediate vicinity, in order to avoid excessive contrasts;
- Orient and tilt the screen to eliminate, as far as possible, reflections on its surface;
- Assume the correct posture in front of the video so that the eye-screen distance is equal to about 50-70 cm;
- If you use the document holder, place it at the same height and distance from the eyes of the screen;
- Periodically look away from the video to look at distant objects to reduce fatiguevisual;
- During breaks and planned activity changes, do not engage in activities that require aintense visual effort, such as the correction of a written text;
- Periodically clean the keyboard, mouse and screen;
- Uses, if prescribed, vision correction means.