

ABSTRACT

Computer workers represent the fastest growing sector of the economy. All aspects of office work are now changing. The introduction of new technology and the automation of office work brings with it avenues for the improvement in the overall working conditions. They also present new challenges. The health issues related to work within these new "electronic offices" have long been a major focus of both workers and their organizations. Ergonomics as a science, has sought to bring a better fit of office work to the worker, and is expected to play a major role in the continued automation of the "electronic offices". This study represents a cross-sectional survey done among Video Display Unit (VDU) workers at the University of the West Indies, Mona campus, on the self-reported prevalence of Upper Extremities Musculoskeletal Disorders (UEMSD), Eyestrain (ES), and Stress Related Illnesses (SRI). The results show a prevalence Eyestrain (ES) at 53.3 per 100, Lower Back Pain (LBP) at 50.0 per 100, Recurrent Shoulder Pain (RSP) at 46.7 per 100, Cervical Myalgia (CM) at 40.0 per 100, Stress Related Illnesses (SRI) at 30.0 per 100, and Carpal Tunnel Syndrome at 3.3 per 100.

The level of job satisfaction among workers surveyed was found to be low. The majority of workers taking part in the study had knowledge of ergonomics and its role as an instrument to improve office work and the health and well being of the worker. This level of knowledge of ergonomics

was not translated into practice, and some non-ergonomic conditions were reported in some departments.