

P3. Importance of Ergonomics in Desk Workers

Tülin Gönültaş, Necdet Aytaç, Muhsin Akbaba
Cukurova University Faculty of Medicine, Public Health Department. Adana

The rapid development of today's technology has led to an increase in office-style desk workers, especially in the use of computers, in every sector and workplace.

At desk workers; the continuity of repetitive movements, the fixed or inappropriate position of the body, the loading of small parts of the body such as hands and wrists, and the speed and continuity of movements threaten the health of workers in mid-long term. Especially problems related to musculoskeletal diseases are seen.

The prevalence of musculoskeletal disorders due to computer use is widespread, ranging from 10% to 86%. Ergonomic working environment is needed to protect employees from these increasingly troublesome problems.

Ergonomics; Is a scientific discipline that examines the behavioral and biological properties of a person and aims to create suitable living and working environments for them. According to the World Health Organization: ergonomic-related illnesses and occupational injuries are the third most common cause of morbidity at the global level.

It is aimed to prevent accidents and discomfort due to ergonomic practices and working conditions, to reduce fatigue, absenteeism due to work, loss of work force and to improve productivity, quality, safety and comfort. Ergonomics is that the work's keeping up with the employee.

The contents of ergonomics in desk workers are; adjustment of temperature, humidity, light and comfort in accordance with the environment, acceptance of noise level, reduction of working hours, maintenance of the working area by, tables and chairs, monitor, keyboard and mouse personalized adjustment, proper positioning of the body during sitting, frequent and adequate rest periods and office exercises.

As a result; prevention of health problems in desk workers, improvement of productivity and job satisfaction; It will be possible by informing employees with ergonomics training, creating awareness about ergonomics and improving working environment habits.

Key words: desk workers, ergonomics, health

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