Abstract

Computers have revolutionized education and the workplace, people are doing excellent jobs using computer to process and analyse data, type and format documents, design graphics, etc. However, there has been far too little attention paid to the dangers of Repetitive Stress Injuries (RSIs) among computer operators who use computers often and extensively. There are simple safety skills and understandings that can be easily incorporated into computer usage. Six hundred (600) questionnaires were personally administered to computer operators and other computer-users ranging from Students, Lecturers, Bankers, Civil Servants to Health Workers in the major cities of South - West of Nigeria. The result of the survey was analysed using SPSS and descriptive statistical techniques. The study shows that computer operators spend more hours working with computers than other computer-users. 83. 4% of these computer operators spend more than 6 hours, working with computers at a stretch per day, very few (16. 6%) observe breaks in-between. The study also reveals that RSIs are more prevalent among computer operators than other computer-users who rarely suffer more than one syndrome. Precautionary measures how these syndromes can be reduced are also
highlighted in this study.

References

- Allen E. 2007. Occupational Overuse Syndrome (OOS): a recurring problem in the Computer Industrially developing Countries (IDCs) a case study at University of Benin, Benin City Nigeria. &qu,

Index Terms

Computer Science Information Science

Keywords
RSIs computer operators computer-users survey prevalence