

SUMMARY

The modern century is characterized by the fast and continues development in information and communication systems due to development in computer field either in hardware or software that become covered all fields of military and civil life, in medicine, engineering agriculture, industry, commercial and natural science (economical, managerial, departmental, philosophy, psychology, media, geography, social and law. Using computer for long hours every day, increasing aches and pains in some parts of the body especially in the hands, wrists, elbows, shoulders, neck and eye. So Computer ergonomics can improve worker health and safety, increase productivity, job satisfaction, and reduce work related injuries. By changing the workstation air, light, acoustics and physical environment.

The aim of the present study was to assess the knowledge and practice about ergonomic requirements for computer users.

The present study was conducted in three different settings; Benha university hospital, faculty of medicine and faculty of nursing of Benha university.

Convenient sample was used, all computer users who are working in the selected settings were included (56 users).

The following tools were designed by the investigator to collect data needed for the study:

I- interviewing questionnaire for computer users was constructed to cover the following items:

- 1- sociodemographic data (age, sex and educational level).
- 2- job characteristics data (place of work and daily work hours, experience years and daily ergonomic exposures).
- 3- knowledge of computer users about ergonomic requirements, risk factors, health complaints related to computer usage and proper action toward this complaints.

II- Observational check list was used for data collection to practice of computer users toward computer ergonomics.

The actual work of the current study started by an initial pilot study that was carried out for six computer users to test the research feasibility, clarity, objectivity and reliability of the tools band accordingly some changes were done in the tools to be suitable for the subjects and those who shared in the pilot study were included in the sample because it was limited in its number (56 subject). The time needed to fill each questionnaire sheet was 25 minutes. Also the time spent for observational check list was 30 minutes for each subject.

The main findings of this study can be summarized as the following:

The computer users' age ranged between 20 to 55 years old and 46.4% of them aged from 20 to 30 years old and more than half (58.9%) were females and 41.1% were males.

Regarding the education, 51.8% of computer users were university education while 48.2% of them were secondary or equivalent education.

It was noticed that the computer users who had experience up to five years constituted 69.6% and more than half of computer users was worked less than six hours daily, and 44.6% of the users was worked in Benha university hospital.

Regarding exposure to ergonomic problems, the majority of computer users (91.1%) was exposed to sitting position more than fifty percent of the time. While (89.3%) of them was exposed to awkward movements and 58.9% of computer users was exposed to repeated movements for less than fifty percent of the time.

The present study revealed that more than three quarters of computer users (85.7%) had unsatisfactory knowledge but they had adequate practice toward computer ergonomic requirements, while 53.6 of computer users had unsatisfactory knowledge but they had inadequate practice. Also 46.4% of computer users had satisfactory knowledge but they had inadequate practice, while 14.3% of the users had satisfactory but they had inadequate practice toward computer ergonomic requirements.

Significant relation was detected between computer users' knowledge and practice and their sociodemographic and job characteristics data. Also significant relation was detected between computer users' knowledge and their practice.

In the light of the current study the following recommendation are suggested.

Training courses about computer ergonomic requirements should be conducted regularly for computer users in order to raise their knowledge and practice toward computer usage, also Computer users should be perform a periodical medical check up for early detection of signs and symptoms related to computer use. and take at least ten minutes break each work hour and perform simple exercise during working time.