

## **Introduction**

Occupation fulfils basic human needs that are essential for health and wellness. It provides the mechanism for people to develop innate capacities of biological and sociocultural nature and adapt to environmental changes (Schuchmanm, 2000).

Today, almost every one interacts with computers on a daily base for several reasons such as creating ideas, producing documents, retrieving information and corresponding with friends. an increased number of computer workstations in the work place have resulted in health concerns related to vision and body aches and pains. Problems associated with computer workstations are generally temporary and can often be solved using simple corrective measures (Kaplan & Sadock's, 2001).

Computers has become ubiquitous in the office work and its use is growing. They have many advantages for inventory management, record management, electronic communication and office automation. Computerized jobs are more sedentary those require more cognitive processing, mental attention and less physical expenditure of energy. Many jobs that require heavy daily computer use have been found to be stressful ( Lamiaa, Sahar & Amel,2006).

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, law, literature and language). The use of this wonderful magician isn't associated only with science but also it can be used in playing, listening and enjoying with sound and picture for all useful things that the creating of human kind mind can reach (Moustafa & Maged,2005 )

Computer is an effective mean for preparing and processing data, and saving required information for high management's men for making decisions and observing work in continuous phase. For economists computer helping in statistical analysis of processing data, solving mathematical economic models and scaling economy which includes all branches of economic theory and helps in making decisions and drawing economic policy. Computer also is an effective mean in storing, processing, returning, renewing data and observing its development in addition to extracting results of work and files of wages, salaries, and accounts of clients, importers and storages (Reda,2005).

Computer is mark of civilized development marks in the modern century and become has basic role in different life fields. Computer used in geometric, scientific, commercialism, economical, social, cultural fields, industry, designs, communication field, education and medicine field. Generally, computer used in houses, schools, hospitals, banks, companies, stores, secretarial, offices works, advertisement, media, education, insurance, libraries, publishing magazines, journals, clubs and hotels (Hamza &abd Elmohsen,2004 ).

Using computer for long hours every day, increasing aches and pains in some parts of the body especially in the hands, wrists,

elbows, shoulders and neck. Musculoskeletal problems can happen in anyone who uses a- computer for long hours (computer programmers, engineers, data entry workers, telephone operators, customer service workers and even graduate students). The problems can range from minor muscle aches that last less than few hours to persistent tendon problems that can last for years. The problems may vary from aches to pain, burning, numbness or tingling. Repetitive strain injury, cumulative trauma disorder, computer vision syndrome, carpal tunnel syndrome and cervical spondylitis, are some of the permanent hazards of poor computer ergonomics (Smith et al,2001).

Ergonomics is the science of fitting the job to the worker and adapting the work environment to needs of humans. An overall goal of ergonomics is to promote health, safety and to optimize productivity. Computer ergonomics is the study of human capabilities in relationship to the specific work demands of the computer user. 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, computer ergonomics seeks to eliminate the particularly high prevalence of repetitive stress injuries and work related upper limb disorders in the modern day office (Schneider, 2001)

The nursing interventions included strengthening the resistance of the host by prescribing appropriate rest breaks, eye exercises, and relaxation strategies, design the workstation, minimizing the possible hazards of computer involved recommendations for desks, chairs and lighting

designs that would accommodate the individual worker. For the environmental concerns, the nurse educated the worker about the risk factors of paced, externally controlled work expectations and recommended alternatives (Stanhope & Lancaster, 2004)

### **Significance of the study**

The continuing dominance of computers and the rising number of the complaints from computer users highlight the importance of understanding the risks associated with computer use.

The study conducted in Egypt by Emara,(2001) found that eye discomfort was associated with computer use, mainly eye strain, deterioration of vision, aching or burning eyes and blurred vision. Also Lamiaa,( 2006) found that musculoskeletal discomfort was associated with computer use namely, neck pain, hand pain and backache. So this study will contribute to more understanding of knowledge and practice of the computer users toward ergonomic requirements to prevent this complaints.