

Are you sitting comfortably?

- pointers for a healthy reporting room

As reporters spend a significant amount of time working with a Visual Display Unit (VDU) they are protected by The Health and Safety (Display Screen Equipment) Regulations 1992.

Employers have a duty to:

- analyse workstations, and assess and reduce risks
- ensure workstations meet minimum requirements
- plan work so there are breaks or changes of activity
- on request arrange eye tests, and provide spectacles if special ones are needed
- provide health and safety training and information.

You are entitled to a work place assessment to ensure your working conditions are adequate to your need – speak to your manager for this.

EVALUATE YOUR SURROUNDINGS

Five steps to orientate yourself before starting to report

1. Ensure feet are flat on the ground with legs uncrossed
2. Forearms should be approximately horizontal to desk
3. Adjust seat height and back support
4. Adjust lighting - recommended less than 15 lux (equivalent of a very dark day)
5. Adjust height and tilt of the monitors to a comfortable position for you:
 - User's eyes should be the same height as the top of the screen
 - Screen luminance ratio $\geq 500:1$
 - 20:20:20 principle - focus the eyes 20 feet away from the workstation for 20 seconds every 20 minutes to reduce visual symptoms

POTENTIAL SOLUTIONS

Adjustable chairs

Height adjustable desks

Risk awareness

Frequent stretches
rest breaks



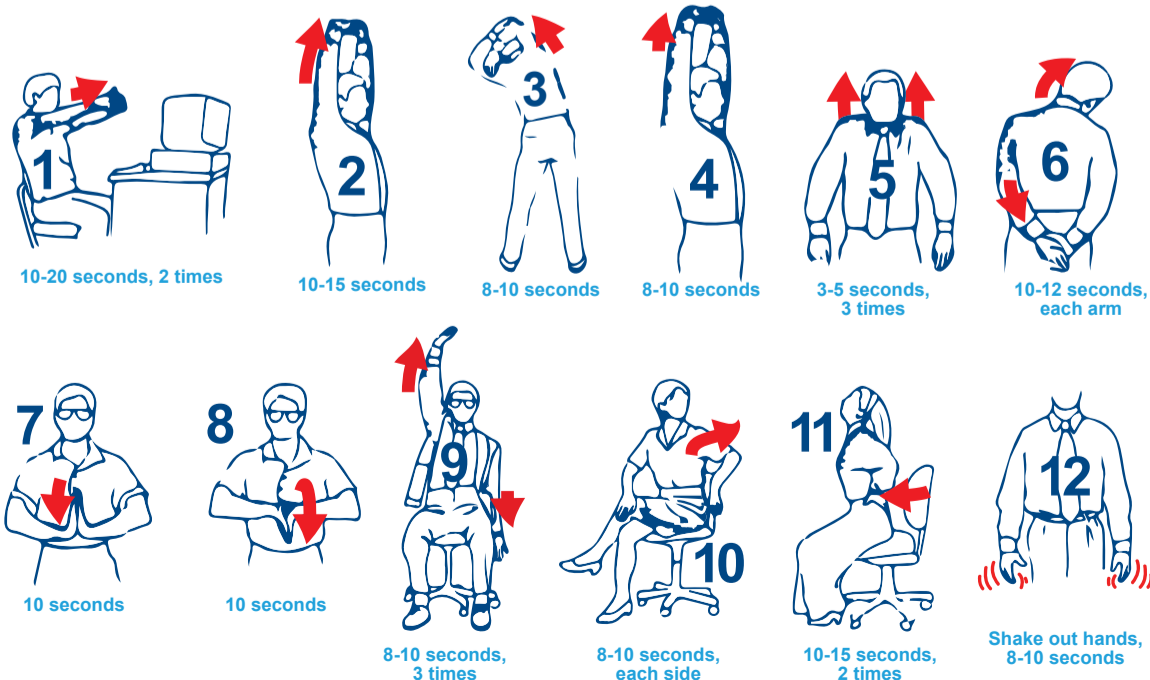
Use of headsets/mouse re-programming

Use backlit keyboards

Regular eye testing

Regular exercise out with work

REPORTING ROOM STRETCHES



DID YOU KNOW...

People with sedentary occupations have double the rate of cardiovascular disease than those with standing jobs.

After 2 hours

Good cholesterol drops by 20%

After 24 hours

Insulin function drops 24%
Diabetes risk rises

Immediate effects of sitting

Leg muscle electrical activity shuts off
Eventually you burn calories at 1 per minute
Enzymes to break down fat drop by 90%

POTENTIAL EFFECT ON YOUR HEALTH

Neck problems

Hunching over the desk/keyboard, holding a recording microphone may add up to 60lbs of weight to the spine causing spinal and disc degeneration plus nerve damage, headaches and compromised shoulder function.

Low Back Pain

Non specific LBP can result from excessive sitting .

Hip function

Long periods of sitting can cause tissue shortening and hip impingement reducing functional ability.

Knee problems

Shortened calves and tight quadriceps from prolonged sitting can generate mechanical knee pain.

Iliotibial band syndrome

Prolonged sitting or standing can contribute to the development of ITBS.

Hernias

Sitting for long periods encourages abdominal wall muscles to function poorly making hernias more likely.

Eye problems

Prolonged use of VDU's increases the risk of developing eye strain. Symptoms may include: pain, sensation of grittiness and a reduction in contrast sensitivity.