



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 228

**Submitting author:** Ms MEI YEE, AnnaBella SUEN

**Post title:** Physiotherapist I, Tuen Mun Hospital, NTWC

### **Overview of Display Screen Equipment Ergonomics Assessment in NTWC**

*SUEN MYAB(1)(2), TO WKR(1)(2), MA FCB(1)(2), TSE CWE(1)(2), LEE YTK(1)(2), MAK CHM(1)(2), CHEUNG KLP(1)(2), POON YHP(1)(2)*

*(1) Department of Physiotherapy, NTWC, (2) Ergonomics Workgroup, OSHC, NTWC*

### **Keywords:**

Display Screen Equipment

Staff Health

Occupational Safety and Health

### **Introduction**

Use of display screen equipment (DSE) has become very popular in hospital settings. The users who used DSE in period of time and wrong ways will be suffered from various musculo-skeletal disorders and pain. In fact, the problem usually occurred by the way in which the DSE is being used, rather than by the equipment itself.

### **Objectives**

(1) To provide ergonomic risk assessment of display screen equipment in different departments in NTWC; (2) to provide professional advice in the design of workstations and work practice.

### **Methodology**

The Ergonomics Workgroup under the Occupational Safety and Health Committee in NTWC conducted a series of ergonomic visit in various departments which included risk assessment of the setup, usage and work practice of the DSE system. Both clinical and non-clinical departments were involved. The musculo-skeletal disorders and complaints were recorded. The ways in using the DSE were assessed with recommendations and improvement plan about the proper DSE set-up was reinforced.

### **Result**

The Ergonomics workgroup visited more than 80 DSE workstations in 2011 and 2012. Neck and shoulder discomfort were commonly reported by DSE users. Common problems identified in the DSE stations included seat height not well adjusted with inadequate seat depth due to extra back rest cushion being used; monitor height was too low and too far; foot space being blocked and the printer put under the table which induced frequent trunk bending and side flexion. Based on the ergonomic principle, on-site recommendations on seat height, seat depth and monitor distance adjustment were given. Moreover, the office furniture and the environment were rearranged to avoid unnecessary musculo-skeletal stress and blunt injury by congested space. Supervisors and colleagues are highly welcomed the professional recommendation and follow the tips to install the DSE accessories and modify the DSE station layout

accordingly. Conclusion: DSE problem can be solved by good workstation design, good work practice and proper use of the DSE stations and workstations. Risk assessment, tailor-made recommendations and advice was useful in order to fit in different work practice in different departments.