

## Ergonomics Aspects of Work with Computers

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**Abstract :** This paper is based on a large questionnaire study. The paper presents how all participants and subgroups (upper- and lower-level white-collar workers) answered the question, "Have you had an ache, pain, or numbness, which you associate with desktop computer use, in the different body parts during the last 12 months?" 14.6% of participants (19.4% of women and 8.2% of men) reported that they had often or very often physical symptoms in the neck. Even if our results cannot prove a causal relation of symptoms with computer use, show that workers believe that computer use can influence their wellbeing: This is important when devising treatment modalities to decrease these physical symptoms.

**Keywords :** ergonomics, work, computer, symptoms

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