

Main areas
Work

Scales and questions

- Information

1. information on computer work and health

- Work hours

2. - amount of work hours per week
3. - amount of work days per week
4. - hours computer work per day
5. - hours private computer use per day
6. - amount of breaks per day
7. - total break time per day

- Work posture and movement

8. - upper body slightly bent forward
9. - upper body bent forward a lot
10. - trunk slightly twisted
11. - trunk twisted a lot
12. - upper body bent forward and twisted
13. - neck hunched forward
14. - neck hunched backward
15. - neck twisted
16. - wrist bent
17. - wrist extended
18. - wrist twisted

- Work tasks

19. - repetitive movements arm. hand fingers
20. - repetitive twisting/bending upper body
21. - repetitive twisting/bending upper body
22. - same work all day
23. - same work every day
24. - repetitive movements

- Job decision latitude

25. - choose time begin/stop work
26. - choose time breaks
27. - choose which days off
28. - choose how to do your work
29. - choose order of work tasks
30. - choose when work tasks
31. - leave workspace
32. - choose stop work
33. - control work pace

- Work relation with management and colleagues

34. - good management
35. - irritated by others
36. - management notes what you say
37. - good general atmosphere
38. - management knows you / your work
39. - support direct supervisor
40. - support colleague
41. - sufficient information from company

- Work pace and load

- 42. - pace of work / work load regularly high
- 43. - regularly work under time pressure
- 44. - hurry to finish on time
- 45. - regularly problems pace work / work load
- 46. - should take it easier
- 47. - work too tiring
- 48. - have to work very fast
- 49. - a tremendous amount of work
- 50. - enough time to finish work

- Recovery time

- 51. - feel mentally exhausted
- 52. - feel empty after a days work
- 53. - feel tired when waking up in the morning
- 54. - feel 'burned out'
- 55. - feel frustrated by job
- 56. - feel work asks too much
- 57. - feel at the end of your tether

Office ergonomics

- Work environment factors

- 58. - bothered by light from outside
- 59. - bothered by reflection in your monitor
- 60. - cold. draughts or changes in temperature
- 61. - disturbed by noise

- Furniture

- 62. - correct height chair
- 63. - comfortable chair
- 64. - correct height arm rests
- 65. - adjustable width arm rests
- 66. - correct length arm rests
- 67. - correct height desk
- 68. - adjustable height desk
- 69. - sufficient work surface
- 70. - sufficient leg room
- 71. - availability footrest

- Computer workstation physical attributes

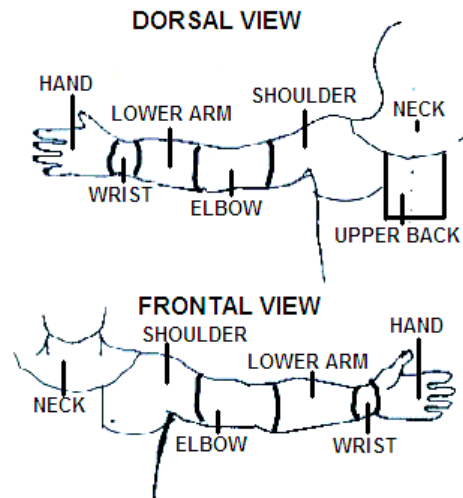
- 72. - availability external mouse and keyboard
- 73. - hindered by length mouse cable
- 74. - mouse works properly
- 75. - document holder available
- 76. - head set
- 77. - correct height monitor
- 78. - correct viewing distance monitor

- Eyesight

- 79. - eye complaints (problems focusing, burning- or watery eyes)?

Health

- Prevalence of arm, shoulder and neck symptoms



- pain or discomfort in the last **6 months** in:
 - 80. - neck
 - 81. - upper back
 - 82. - shoulder
 - 83. - elbow
 - 84. - lower arm
 - 85. - wrist
 - 86. - hand
- pain or discomfort in the last **7 days** in:
 - 87. - neck
 - 88. - upper back
 - 89. - shoulder
 - 90. - elbow
 - 91. - lower arm
 - 92. - wrist
 - 93. - hand
- - 94. - pain or discomfort linked to work?
 - 95. - pain or discomfort developed during work?