

Musculoskeletal Disorders (MSD)

Many health problems are attributed to using computers. MSD cover a broad range of health problems: work-related upper limb disorders, commonly known as repetitive strain injuries, back pain and injuries and lower limb pain and injuries. These problems range from minor discomfort to more serious medical conditions requiring time off work, medical and hospital treatment.

A recent national survey carried out for the Health and Safety Executive in 2003/04 reported that 2.2 million individuals in Great Britain suffered from a health problem which they thought had been caused or made worse by current or previous employment. MSD was the most commonly reported type of work-related health problem with 1, 08,000 individuals being affected (2004:25).

Factors which considerably increase the risk of computing-related MSD are poor posture, inadequate workstations and pressure of work.