Workplace health problem statement

Team 3
Content

- Workload
- Office ergonomics
  - Physical stressors
  - Cumulative Trauma Disorder
  - Prevention
- Causes, symptoms and solution of sick building syndrome
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Workload

- The cost of living in Singapore
- Financial crisis
- Family

Quality Childcare Service

What should a worker be aware of in terms of personal health at the workplace?
Office ergonomics

The word "Ergonomics" comes from two Greek words "ergon," meaning work, and "nomos" meaning "laws."
Physical stressors

- Repetitive motions
- Vibration
- Using excessive force
- Work in awkward position
- *Cumulative Trauma Disorders (CTDs)* or *Repetitive Strain Injuries (RSIs)* (ergonomic disorder)
Cumulative Trauma Disorder

**Cause**
- Repetition
- Posture
- Lack of rest

**Symptoms**
- Tingling and numbness in hands and fingers
- Loss of strength or coordination in the hands
LARRY QUICKLY REALIZED HE'D BENEFIT FROM ONE OF THOSE NEWLY DESIGNED ERGONOMIC KEYBOARDS TO PREVENT CARPAL TUNNEL SYNDROME.
Prevention

Neutral position

- Desk height
- Chair height
- Keyboard position
Causes of sick building syndrome

- Indoor chemical contaminants
- Outdoor chemical contaminants
- Biological contaminants
- Poor ventilation
Symptoms of Sick Building Syndrome

- Headache
- Eye, nose, and throat irritation
- Dry cough
- Dry, itchy skin, rashes
- Dizziness and nausea
- Difficulty in concentrating
- Fatigue
- Sensitivity to odours
Solutions

- Remove or modify the pollutant source
- Air conditioning and ventilation systems should be kept clean
- Smoking should be banned
- Try to ensure access to natural sunlight and opening windows for ventilation
- Regular cleaning of soft furnishings
Night time napping

• Avoid increasing sleepiness
• Prevent reduction in alertness
• Maintain work performance
• Prevent disturbance of circadian cycle
Circadian cycle

Hypothalamus

Suprachiasmatic nucleus

Pineal gland

Melanin-concentrating neurons

Orxin neurons

Retina

Light responsive cells in nerves

http://serendip.brynmawr.edu/exchange/node/1926
Solution

• Night time napping strategies
• Location: dark, quiet
• Avoid intake of caffeine

• **Protein** → make neurotransmitters and are essential to improve mental performance.
• **Carbohydrates** → energy provider
• **Vitamin B complex** → producing energy for brain
• **A, C, E** → preserve memory
• **Magnesium and manganese** → brain energy
• **Sodium/ Potassium/ Calcium** → thinking process

http://www.thethinkingbusiness.co.uk/brainfoods.htm
Conclusion

Health and wellness

Physical

Mental

Environmental

Occupational
References

