

5. List some of the IT workplace hazards.
- IT workplaces present unique challenges to employee health and well-being. Here are some of the key IT workplace hazards.
- Eye Strain and Headache
 - Musculoskeletal Disorders (MSDs)
 - Repetitive Strain Injuries (RSIs)
 - Stress and Anxiety
 - Sleep Disruption
 - Social Isolation
 - Environmental Hazards
 - Poor Indoor Air Quality
 - Improper Lighting.

7. Describe information technology workplace Hazards.

→ ^{Some} IT workplaces ^{Hazards are} present unique :-

Physical Hazards :-

Eye Strain :- Staring at computer screens for extended periods can lead to eye strain, headaches, and blurred vision.

Musculoskeletal Disorders (MSDs) :-

Poor posture, repetitive motions like typing, and awkward working positions cause neck pain, back pain, carpal tunnel syndrome and MSDs.

Repetitive Strain Injuries (RSIs) :-

Similar to MSD but often focused on specific areas like wrists and hands due to repetitive movements.

Work Organization Hazards! →

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Stress and Anxiety :- IT professionals often face tight deadlines, demanding workloads, and the pressure to stay up to date with technology. This can lead to chronic stress and anxiety.

Sleep Disruption :- IT work can sometimes involve irregular working hours or on-call duties, disrupting sleep patterns & impacting overall health.

Environmental Hazards

Poor Indoor Air Quality :- Stale air in office environments can contribute to headaches, fatigue, and respiratory problems.

Improper Lighting :-

Dim or flickering office lights can cause eye strain and headaches.