



## Screen Fatigue Diagnosed and Solved in Two Easy Steps

Eye Science has just introduced a two-step interactive Toolkit, which can diagnose and solve the problems of screen fatigue online. Available to companies or individuals, anyone can benefit from this service to diagnose screen fatigue, which is soon to be further regulated by an EU Directive April 2007.



The results to companies are very clear. Anybody using a display screen, which includes almost all of the worldwide working population, could have their ability to work productively and performance dramatically improved by as much as 20%.

Eye Science is due to launch the online toolkit at this year's SHE and it will provide anyone with an immediate Visual Risk Assessment (VRA) and the results. This can then be taken onto a second stage to optimise the display screen (DSO) for the user, by tuning the settings and reducing harmful effects of screen fatigue.

This is done by recalibrating the screen allowing a considerable reduction in visual distress, thus improving the ability to read the screen (access data) without tiring for longer.

EU Regulations have covered display screens for 21 years, but the new directive to all European countries will come into force in April 2011, to ensure that display screen operators fatigue is reduced therefore also reducing risk of muscular skeletal disorders. Eye Science can provide a solid platform to meet compliance with new regulations.

All technical details can be found on [www.screenrisk.com](http://www.screenrisk.com)

Other new research based interactive health related toolkit products will follow shortly.

More ...

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### Why should anyone be interested in a method of detection, measuring and assessing operator fatigue?

The alarm bells rang in 2007 when the HSE commissioned a review by the Institute of Occupational Medicine (HSE RR 561 2007)

*"A variety of ill-health symptoms have been associated with work with Display Screen Equipment (DSE) including musculoskeletal disorders; mental stress; and visual fatigue. The project sought information about the extent of such illhealth in DSE workers through a survey of employees. It compared the data with those in the scientific literature. An extensive literature review sought to identify consistent evidence on any possible causal role of workplace factors."*

The survey found high prevalences in DSE users of self-reported symptoms, eg. headaches (52%), eye discomfort (58%), and neck pain (47%); other symptoms such as back (37%) and shoulder (39%) pain were also frequently reported. Most of those reporting symptoms did not take any time off work. These findings are broadly consistent with other studies in the literature.

After 14 years of UK regulation the HSE has concluded:

*"Comparing these results with those of earlier research provides no positive evidence that the introduction of legislation on DSE work in 1993 has reduced ill-health in DSE workers."*

However there are substantial uncertainties, not least over the extent to which the provisions of the legislation have been fully implemented, and it cannot be safely concluded that the legislation has had no effect. This year is the 21st Birthday of EU "Display Screen Equipment Directive 90/270/EEC". It's replacement "Manual Handling and Display Screen Directive" comes into force this April 2011.

The Eye Science tool-kit facilitates an 'operator self-assessment' that also includes our unique DSO (Display Screen Optimiser) designed to improve accessibility. The by-product of reducing visual decremation (fatigue), enables the operator to sustain their productivity for longer. This could add to extra productivity of 33 days per annum!



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