

Risk factors faced by female VDT users in Ludhiana district of Punjab

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■ **ABSTRACT** : Computer, a hallmark of technological advancement, has ushered in a new genre of occupational health problems. Since the early nineties, a growing number of people have been using personal computers, both for their office work and personal use. India, being the forerunner in the cyber world, the health personals are slowly awakening to this group of modern occupational diseases, which are slowly taking roots, especially among the Video Display Terminal (VDT) users. Many VDT users report a high level of job related complaints and symptoms including ocular discomfort, muscular strain and stress. This risk increases as the intensity of computer work increases. Therefore, the present study was undertaken to find out various risk factors faced by female VDT users working in various banks of Ludhiana District of Punjab. It was found that 'unhygienic toilets, 'slippery' or 'uneven floor, inadequate light, lack of concentration, frustration, disturbed sleep at night, 'no time for entertainment' and 'high workload' as some of the risks felt by respondents at their workstations. Therefore, these risk factors need to be considered to increase the efficiency of workers.

■ **KEY WORDS**: Risk factors, Female VDT users

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