Main areas

Work

Scales and questions

- Information
  1. information on computer work and health

- Work hours
  2. amount of work hours per week
  3. amount of work days per week
  4. hours computer work per day
  5. hours private computer use per day
  6. amount of breaks per day
  7. total break time per day

- Work posture and movement
  8. upper body slightly bent forward
  9. upper body bent forward a lot
  10. trunk slightly twisted
  11. trunk twisted a lot
  12. upper body bent forward and twisted
  13. neck hunched forward
  14. neck hunched backward
  15. neck twisted
  16. wrist bent
  17. wrist extended
  18. wrist twisted

- Work tasks
  19. repetitive movements arm. hand fingers
  20. repetitive twisting/bending upper body
  21. repetitive twisting/bending upper body
  22. same work all day
  23. same work every day
  24. repetitive movements

- Job decision latitude
  25. choose time begin/stop work
  26. choose time breaks
  27. choose which days off
  28. choose how to do your work
  29. choose order of work tasks
  30. choose when work tasks
  31. leave workspace
  32. choose stop work
  33. control work pace

- Work relation with management and colleagues
  34. good management
  35. irritated by others
  36. management notes what you say
  37. good general atmosphere
  38. management knows you / your work
  39. support direct supervisor
  40. support colleague
  41. sufficient information from company
- **Work pace and load**
  42. - pace of work / work load regularly high
  43. - regularly work under time pressure
  44. - hurry to finish on time
  45. - regularly problems pace work / work load
  46. - should take it easier
  47. - work too tiring
  48. - have to work very fast
  49. - a tremendous amount of work
  50. - enough time to finish work

- **Recovery time**
  51. - feel mentally exhausted
  52. - feel empty after a days work
  53. - feel tired when waking up in the morning
  54. - feel 'burned out'
  55. - feel frustrated by job
  56. - feel work asks too much
  57. - feel at the end of your tether

Office ergonomics

- **Work environment factors**
  58. - bothered by light from outside
  59. - bothered by reflection in your monitor
  60. - cold. draughts or changes in temperature
  61. - disturbed by noise

- **Furniture**
  62. - correct height chair
  63. - comfortable chair
  64. - correct height arm rests
  65. - adjustable width arm rests
  66. - correct length arm rests
  67. - correct height desk
  68. - adjustable height desk
  69. - sufficient work surface
  70. - sufficient leg room
  71. - availability footrest

- **Computer workstation physical attributes**
  72. - availability external mouse and keyboard
  73. - hindered by length mouse cable
  74. - mouse works properly
  75. - document holder available
  76. - head set
  77. - correct height monitor
  78. - correct viewing distance monitor

- **Eyesight**
  79. - eye complaints (problems focusing, burning- or watery eyes)?
Prevalence of arm, shoulder and neck symptoms

- pain or discomfort in the last 6 months in:
  80. - neck
  81. - upper back
  82. - shoulder
  83. - elbow
  84. - lower arm
  85. - wrist
  86. - hand

- pain or discomfort in the last 7 days in:
  87. - neck
  88. - upper back
  89. - shoulder
  90. - elbow
  91. - lower arm
  92. - wrist
  93. - hand

- pain or discomfort linked to work?
- pain or discomfort developed during work?