



U4L091

OHS Policies and Procedures

Roll Call





Recap of the Lesson

✗
What is OHSE?



Occupational Health

Occupational Health: Refers to the physical and mental well-being of employees in the workplace. In the IT industry, occupational health risks often include ergonomic issues, mental health concerns due to high-stress levels, and sedentary lifestyle-related problems.



Safety

In the context of IT, safety encompasses both physical safety (e.g., electrical hazards, fire safety) and digital safety (e.g., cybersecurity threats). Ensuring a safe working environment is crucial to preventing accidents and protecting sensitive data.



Environment

The environmental aspect of OHSE in IT includes both the impact of IT operations on the environment (e.g., electronic waste management) and the influence of the workplace environment on employees (e.g., indoor air quality, lighting).





Key OHSE Challenges in the IT Industry

Key OHSE Challenges in the IT Industry

Ergonomics and Musculoskeletal Disorders (MSDs):

IT professionals often spend prolonged periods working on computers, leading to poor posture, repetitive strain injuries, and other musculoskeletal disorders.

**Ways your body asks
for a change in
your workspace.**



Key OHSE Challenges in the IT Industry

Ergonomics and Musculoskeletal Disorders (MSDs):

A study by the National Institute for Occupational Safety and Health (NIOSH) found that more than 60% of IT workers experience some form of MSD, particularly in the neck, shoulders, and lower back.

**Ways your body asks
for a change in
your workspace.**



Key OHSE Challenges in the IT Industry

Ergonomics and Musculoskeletal Disorders (MSDs):

**Ways your body asks
for a change in
your workspace.**



HEADACHE



SHOULDER PAIN



BACK PAIN



NECK PAIN



Key OHSE Challenges in the IT Industry

Mental Health and Stress

The fast-paced nature of the IT industry, coupled with high expectations and tight deadlines, can lead to chronic stress and burnout.



Key OHSE Challenges in the IT Industry

Mental Health and Stress

A study published in the Journal of Occupational Health Psychology revealed that IT professionals are at a higher risk of depression and anxiety compared to other sectors.



Key OHSE Challenges in the IT Industry

Mental Health and Stress

Long working hours, job insecurity, and the constant need for upskilling contribute to this issue.



Key OHSE Challenges in the IT Industry

Work-Life Balance

The boundary between work and personal life is increasingly blurred in the IT sector, especially with the rise of remote work. A survey conducted by Buffer in 2023 found that 22% of remote IT workers struggle to unplug after work, leading to extended working hours and increased stress levels.



Key OHSE Challenges in the IT Industry

Indoor Environmental Quality

The quality of indoor environments in IT workplaces can significantly impact employee health and productivity. Poor ventilation, inadequate lighting, and exposure to artificial light sources like blue light from screens can lead to issues such as eye strain, headaches, and respiratory problems.



Key OHSE Challenges in the IT Industry

Digital Safety

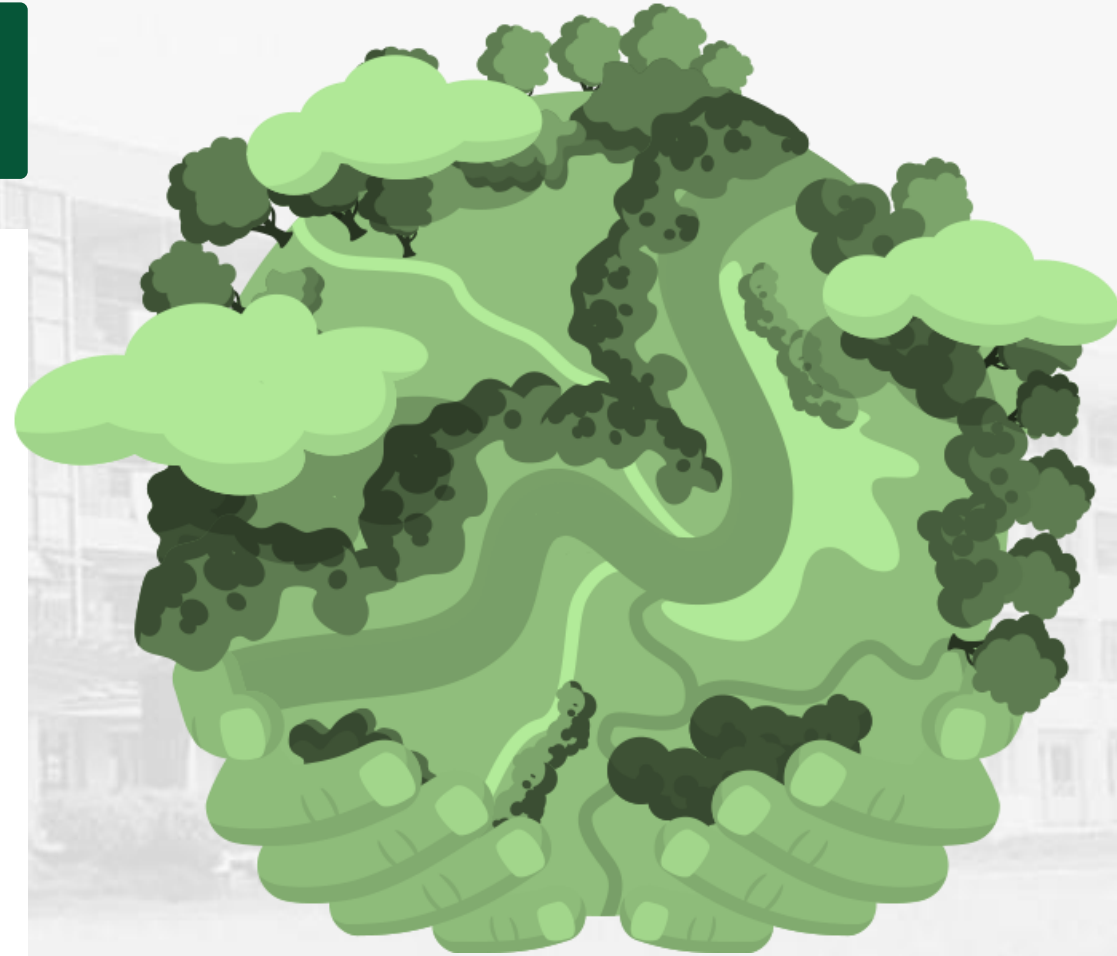
Cybersecurity is a critical concern in the IT industry. Employees are often at risk of exposure to malware, phishing attacks, and data breaches. Ensuring digital safety through regular training and the implementation of strong security protocols is essential for protecting both employees and the organization.



Key OHSE Challenges in the IT Industry

Environmental Impact

The IT industry contributes to environmental degradation through electronic waste (e-waste) and energy consumption. The disposal of outdated hardware and the high energy demands of data centers pose significant environmental challenges.



Key OHSE Challenges in the IT Industry

Environmental Impact

According to a report by the Global e-Sustainability Initiative (GeSI), e-waste is expected to reach 74 million metric tons by 2030, with the IT sector being a major contributor.

