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# **Occupational Hazards in the IT Sector**

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# Introduction

Working in the IT sector involves several occupational **hazards**. These risks are physical and mental. To prevent accidents, technicians **must** follow safety rules and use ergonomic equipment.

## Group 1: Ergonomic Hazards

**1. Visual Fatigue (Eye Strain)** IT professionals spend many hours looking at computer screens. This constant blue light causes dry eyes, headaches, and blurry vision. It is a very common **health problem** in our profession.

- **Rules:** You **must** follow the 20-20-20 rule. You **should** use a screen protector and you **have to** adjust the monitor brightness.

**2. Back and Neck Pain (Bad Posture)** Sitting at an office desk for eight hours is a big physical risk. If the chair is not ergonomic, the worker has pain in the back, neck, and shoulders. Constant use of the mouse can also cause wrist injuries.

- **Rules:** You **must** use an ergonomic chair and a footrest. You **should** keep your back straight. **Don't** stay in the same position for too long.

**3. Acoustic and Thermal Discomfort (Noise and Heat)** Server rooms and offices generate constant noise and heat. Computer fans and servers produce background noise. Also, electronic equipment increases the temperature of the office.

- **Rules:** You **must** use noise-canceling headphones in the server room. The company **has to** provide a good air conditioning system.

## Group 2: Safety Hazards

**4. Electrical Hazard** IT technicians work with hardware and power installations. There is a risk of electrical shocks if the cables are broken or defective. This is a very dangerous hazard.

- **Rules:** You **mustn't** touch internal components without tools. You **must** disconnect the power before any repair. **Don't** overload the power plugs.

**5. Trips and Falls** Many cables and boxes on the floor increase the risk of falls. IT offices are often messy, and this can cause accidents like sprains or bruises.

- **Rules:** You **must** organize the cables with ties. You **should** keep the floor clear of boxes. **Avoid** leaving objects in the hallways.

## Group 3: Psychosocial Hazards

**6. Mental Fatigue and Work Stress** Technical support and software development are very demanding jobs. Technicians have a high workload and very tight deadlines. This pressure causes stress and anxiety.

- **Rules:** You **must** take short breaks every two hours. You **should** plan your daily tasks and set priorities.

**7. Burnout Syndrome** Working under pressure for a long time causes "Burnout". This happens when the worker feels tired and demotivated because of complex problems and no rest.

- **Rules:** You **have to** disconnect from work during your free time. You **must** talk to your manager if the workload is too high.