



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.