THE PREVALENCE OF RISK FACTORS ASSOCIATED WITH COMPUTER VISION SYNDROME AMONG COMPUTER WORKS IN SÃO PAULO, BRAZIL

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Objectives The aims of this study were to investigate work conditions, to estimate the prevalence and to describe risk factors associated with Computer Vision Syndrome among computer workers in São Paulo.

Method The methods include a quantitative cross-sectional observational study and an ergonomic work analysis, using work observation, interviews and questionnaires. The case definition was the presence of one or more specific ocular symptoms answered as always, often or sometimes. The multiple logistic regression model, were created using the stepwise forward likelihood method and remained the variables with levels below 5% (p < 0.05).

Results The operators were mainly female and young (from 15 to 24 years old). The call centre was opened 24 h and the operators weekly hours were 36 h with break time from 21 to 35 min per day. The symptoms reported were eye fatigue (73.9%), “weight” in the eyes (68.2%), “burning” eyes (54.6%), tearing (43.9%) and weakening of vision (43.5%). The prevalence of Computer Vision Syndrome was 54.6%.

Conclusions The organisation and psychosocial factors at work should be included in prevention programs of visual syndrome among call centres’ operators.