



Food Manufacture

# Health and Safety, COSHH and Fire Awareness

## Lesson 10

This course is suitable for everyone working in food manufacture or wanting to work in the industry, it explains the important subjects of health and safety, COSHH and fire awareness





There are several health risks that can occur with display screen equipment, some of these are:

- Neck pain
- Back pain
- Stress repetitive strain injury
- Eye strain
- Headaches





To avoid health risks from display screen equipment the operative will have good posture, are set up correctly with the right equipment and follow safe work patterns.

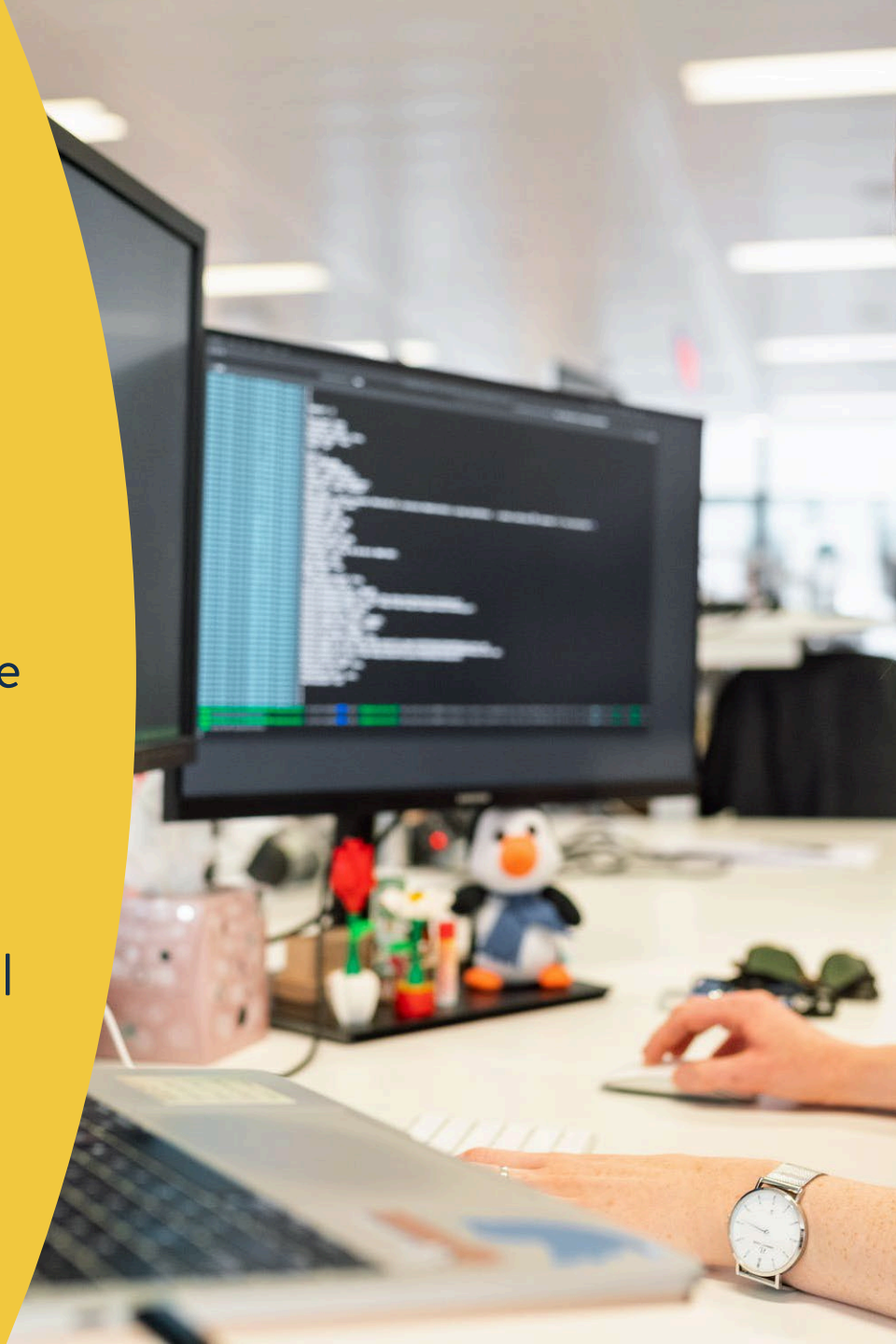






Good posture considers:

- The head and eye position
- Positioned at a desk
- No glare or reflection on the display
- Lumbar support
- Arm position e.g. forearms are approximately horizontal





## **The equipment should be set up correctly:**

- Screen position – the screen height and angle allows a comfortable head position
- Keyboard position – there is space in front of the keyboard to support hands and wrists
- Space in the footwell so there are no obstacles to postural adjustments
- Avoidance of any noise or drafts



## **The correct equipment is used:**

- Adjustable seat e.g. adjust the back position and height
- Desk space
- Use of anti-glare screens
- Foot stools if required
- Documentation holders to create space
- Wearing glasses if necessary



Safe working patterns include:

- Varying the work
- Taking breaks at appropriate times





# Revision Activity 10

**What are the health risks associated with display screen equipment?**