

The most common health issues among IT industry employees

Nearly half of IT professionals work more than 45 hours per week. Every third IT specialist spends over 50 hours per week¹ at work, and every fourth one works beyond the standard full-time hours². This is mainly the case for cybersecurity and

cloud solution experts, whose numbers are insufficient in the job market. The issue of overtime hours also affects developers and IT managers.

45 h

Over half of IT specialists work 45 hours a week

one in three employees

works more than 50 hours per week

Every fourth employee

works more than the standard full-time hours

It is primarily a sedentary job. On average, IT department employees spend about 13 hours sitting in front of a computer during the day, allocate 8 hours to sleep, and only 3 hours to physical activity. For over thirty years, scientists and doctors have been warning that such a lifestyle increases the susceptibility to diseases.

13 h

employees in IT departments spend this much time sitting during the day

3 h

they allocate 3 hours a day for physical activity

The most common illnesses affecting IT department employees

SPINAL DISORDERS

- cervical spine degenerative changes

HAND DISORDERS

- carpal tunnel syndrome
- finger numbness
- hand and finger tingling

EYE DISORDERS

- conjunctivitis
- visual impairment
- vision damage

¹ <https://devstyle.pl/2018/07/12/co-zabija-programistow-czyli-co-warto-zmienic-w-swojej-pracy-juz-dzisiaj/>

² <https://bulldogjob.pl/it-report/2020>

Carpal tunnel syndrome is an occupational disease for IT professionals, which starts innocuously with a slight tingling in the thumb, index, and middle fingers. The cause of this condition is the compression of the median nerve passing centrally between the tendons of the fingers and the palm skin. Most commonly, this condition is caused by repetitive wrist and hand movements when the fingers are elevated above the level of the surface. The "IT wrist" is the result of using a computer mouse for many hours.

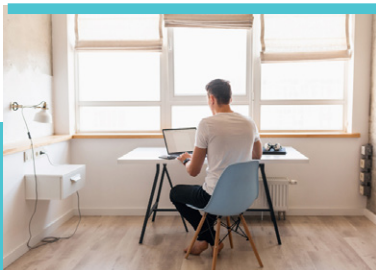
Due to their work in front of computer screens, IT professionals often suffer from occupational eye diseases. The most common issue they face is dry eye syndrome, characterized by eye burning, redness, and discomfort. Programmers also frequently deal with nearsightedness. Ergonomics in computer workstations are also crucial. In cases where the workplace does not provide proper comfort, spinal degeneration can occur.

The spines of IT industry workers are susceptible to strain in the lumbar, thoracic, and cervical regions. Lower back, neck, or shoulder pain is also quite common.

We categorize risk factors in the IT world into:



Ergonomic



The equipment of the workplace has the greatest impact on the health of IT professionals. The foundation for safe work consists of comfortable, ergonomic chairs, spacious desks, a monitor set at the right height, a screen that doesn't reflect light and reduces blue light.



Psychosocial



In the IT industry, employees are most strongly affected by stress and the repetitiveness of tasks, which can lead to strokes and heart attacks.



Biological



Exposure to infectious diseases in office spaces and working in air-conditioned rooms are the most common biological factors affecting IT industry workers.

4 tips for promoting a healthy lifestyle during sedentary work



Regularly get up and move during work - prolonged sitting in front of a computer can lead to muscle stiffness, back pain, and other health issues. Therefore, it's worth standing up from your chair and moving around from time to time. It is recommended to perform such activities every 30 minutes, or at least every hour.



Adjust the settings of your chair and desk to your body posture - the correct position during sedentary work is a crucial matter. The chair should allow for the adjustment of its height so that your knees are in line with your hips, and your feet touch the ground. The desk, on the other hand, should be at the appropriate height in relation to the chair.



Stay hydrated - regular water consumption is incredibly important for our health, especially during long periods of sedentary work. Water plays a crucial role in maintaining the proper functioning of our bodies, and its absence can lead to dehydration. Therefore, it is recommended to consume about 2-3 liters of fluids throughout the day.



Follow the 20-20-20 rule for your eyes - prolonged staring at a computer screen can lead to eye fatigue, irritation, and other vision problems. The 20-20-20 rule involves looking at something 20 feet (6 meters) away for 20 seconds after every 20 minutes of screen time. This simple technique helps reduce eye strain and improves their overall condition.

Promotion for loyal BTC customers

We appreciate our loyal customers who choose to continue using the eAuditor system. That's why we've launched a promotion in consideration of the well-being of IT department employees.



SMARTBAND GOOGLE

An incredibly intelligent device that seamlessly caters to the needs of IT professionals. It not only enables control over daily physical activity but also allows for monitoring health status. It counteracts harmful factors associated with long hours spent in front of the computer.

By using the Google Smartband, you will gain:

- the ability to track the number of steps taken, distance traveled, and calories burned,
- control over heart health, thanks to information about its rhythm,
- comprehensive analysis of sleep quality.



BLOOD PRESSURE MONITOR

An innovative device that helps monitor the circulatory system's health. This is particularly important for individuals leading a sedentary lifestyle. Additionally, the blood pressure monitor allows for a precise analysis of blood pressure, indicating the most critical values.

By using the blood pressure monitor, you will gain:

- the ability to monitor the health of your heart and circulatory system,
- accurate and precise measurements of blood pressure,
- the ability to quickly detect abnormalities in the circulatory system.



NECK MASSAGER

An apparatus that provides comprehensive support for individuals suffering from neck pain and muscle tension. Thanks to its ergonomic shape and ease of use, it allows for easy adjustment of the massage intensity to meet individual needs.

By using the neck massager, you will gain:

- relaxation of tense neck and throat muscles through a gentle and effective massage,
- Improvement in blood circulation by oxygenating the tissues,
- alleviation of migraine and headache symptoms.

ACUPRESSURE MAT

A specialized mat equipped with numerous small plastic spikes. Due to its construction, it influences acupressure by stimulating acupuncture points and improving blood circulation. The longer version of the mat is designed for full-body massage, while the shorter one can be used for massaging specific areas such as the back, neck, and feet.

By using the acupressure mat, you will gain:

- reduction of muscle and joint pain,
- improvement in sleep quality and overall well-being,
- reduction of nervous tension and improvement in the functioning of the nervous system.



Do you want to learn more about the "Health for IT Professionals" promotion?

Please get in touch with us!

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