

Office Work Is Dangerous to Our Health

by Carl Feuer, UUP and
Robin Whittlesey

Office work is dangerous to our health. Did you know that:

- * Female office workers experience coronary heart disease about twice as often as other working women.
- * In a study of 22,000 workers in 130 occupations, the government found that secretaries suffered the second highest rate of stress-related disease of all 130 occupations.
- * Female office workers who spend at least 20 hours a week working at computers have double the normal rate of miscarriages in the first trimester.
- * Carpal tunnel syndrome and eyestrain are increasingly common occupational diseases among office workers.
- * Recent health surveys have documented that office workers suffer a variety of ailments due to poor office air quality ranging from drowsiness and decreased alertness to allergic attacks.

Health problems caused by work are a major issue for office workers. For this reason, the Labor Coalition held its Fall Health and Safety Conference on October 28, on this topic. It was also the reason that 28 office workers from twelve workplaces in Tompkins and Cortland counties attended the Conference, and why over forty others

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asked to receive Conference materials.

The conference focused on three main areas. First, we discussed how the stresses of



Health and Safety