

學校行政人員VDT作業視覺負荷評量之研究

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摘要

二十一世紀屬於e化的時代，大部分的工作均透過資訊系統完成，因此「視覺終端顯示器」(Visual Display Terminal ; VDT) 作業普遍應用在各階層中。在學校方面，由於教育行政工作繁複，為求達到最佳績效，行政電腦化應運而生，因此也造成學校各部門之行政人員幾乎終日與電腦為伍，學校行政人員長期使用VDT所衍生的問題亦日益嚴重，尤其是視覺疲勞；因此本研究包含兩個實驗，採實地實驗方式，實驗一，依學校行政人員普遍使用之螢幕類型及實際作業時段，採視力量化測量及搭配主觀評量方式量測，以發現其對行政人員視覺疲勞的影響；實驗二，探討螢幕類型、作業時段及工作/休息模式對學校行政人員使用VDT產生的心智負荷及視覺疲勞的影響。實驗結果顯示，不同的螢幕類型對於學校行政人員之視覺疲勞並無顯著影響。作業時段對於學校行政人員之視覺疲勞有顯著差異，中午休息有較低的視覺疲勞變化，上午作業與下午作業無顯著差異。工作/休息模式在視覺疲勞主觀評量變化中有顯著差異，作業75分鐘休息8分鐘及作業45分鐘休息4分鐘有較低的視覺疲勞變化，因此頻繁的休息會有較低的視覺疲勞。

關鍵詞：視覺疲勞；工作/休息；視力；視覺疲勞主觀評量

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