

Study for Visual Loading of College Staffers Handling VDT Tasks

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ABSTRACT

The twenty-first century is an “e” time. In fact, almost works should be completed by information system. Therefore, visual display terminal (VDT) is generally applied in many types of workers. Due to the education and administration works in school are very complex. If we want to get the optimal efficiency in daily works, computerizing in administration is necessary. However, the above phenomenon leads to the workers stand with computers all day and affects the health of them, especially in visual fatigue. Hence, this study tried to propose two experiments to investigate the effect of VDT on the psychology and physiology of the staffers in school. The first experiment is designed with the type of screen and work/rest period of a staff of forty-eight people to measure the effect of VDT on visual fatigue, based on the analysis of vision and subjective visual fatigue. The second experiment is studying the effect of types of screen, working period and work/rest model on the psychology and visual fatigue of the staff in school. Analysis of results showed that screen type had no significant effect on users' visual fatigue. However, the work/rest period had significant effect on users' visual fatigue. The rest period has less difference in visual fatigue. The work/rest model plays an important roles in the analysis of subjective visual fatigue. In fact, 75/8 and 45/4 has less difference in visual fatigue. Based on above result, it is understood that the frequent rest could reduce the visual fatigue for staffers.

Keywords : visual fatigue ; work/rest ; vision ; subjective visual fatigue

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