



Just close your eyes and visualise a computer workstation!



Did you visualise sth like that?





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Standardised questionnaire for categorisation of Visual Display Units Klassifikation von Bildschirmarbeitsplätzen – TBD-Schema

Types of different VDUs

20 years ago...

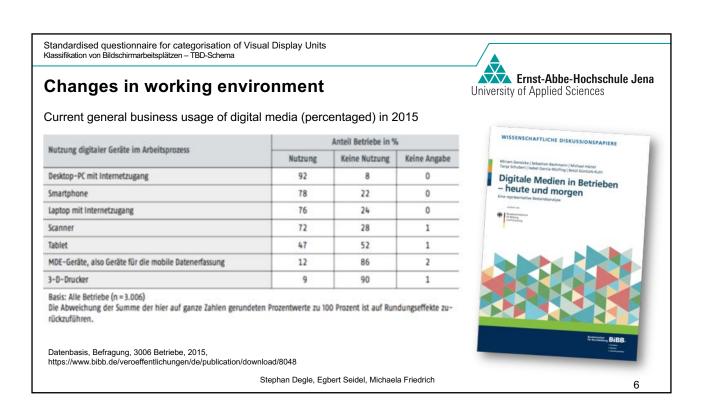


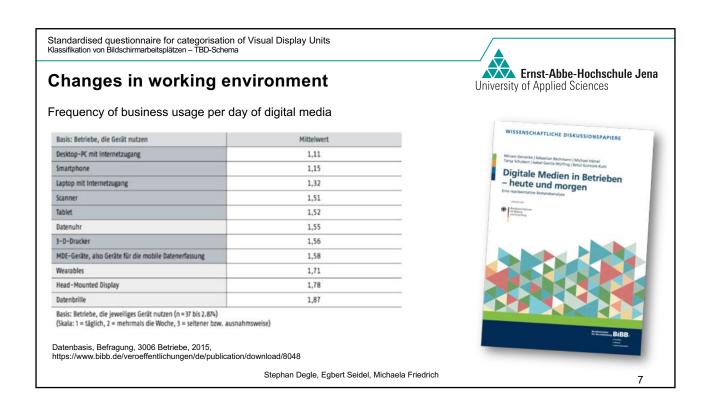


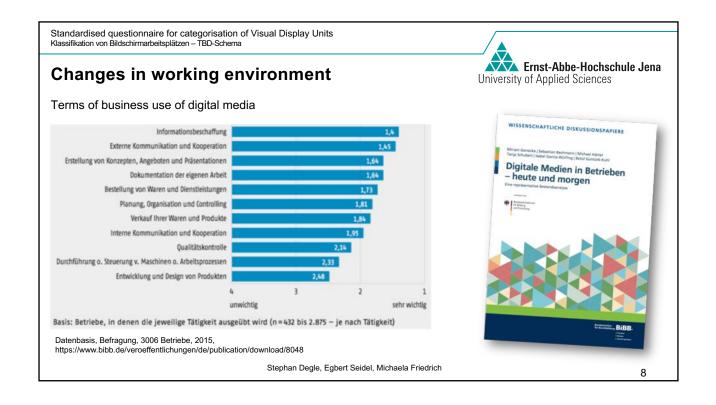


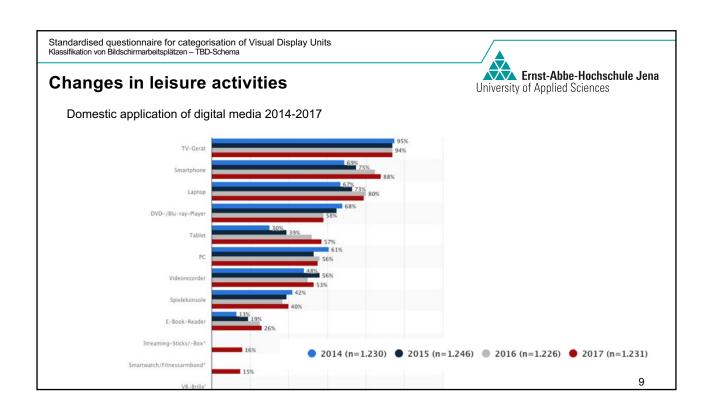
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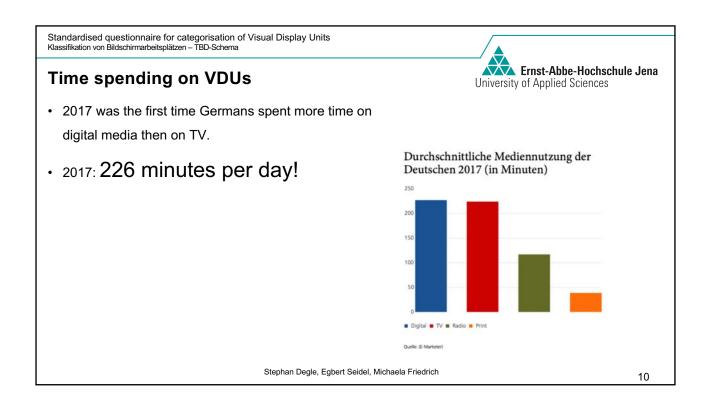












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Work-Life Blending

- 42% of Germans (58% CH, 54% A) are reading business e-mails after work
- 42% are reading private e-mail and using social media at work (GfU, 2015)

3 sections of speeding up:

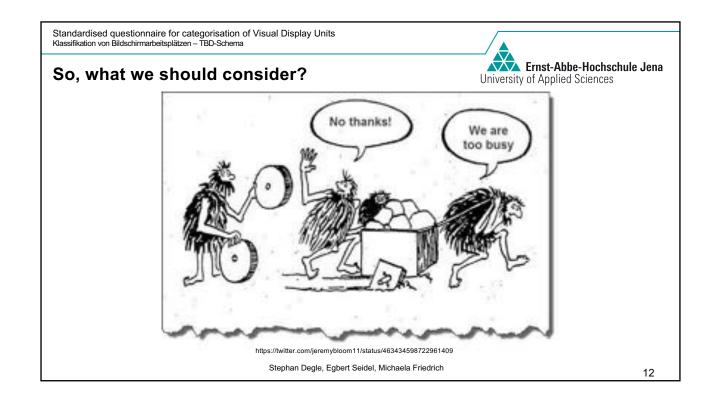
- Technology/transport/communication
- Social change (job, workplace, friendship)
- Speed of life (power naps, fast food, multitasking)

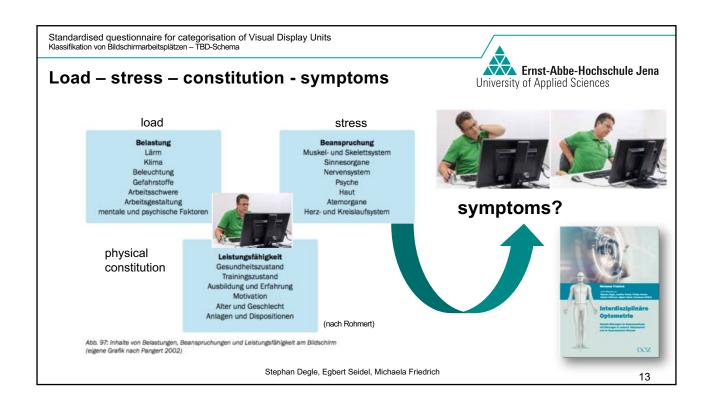


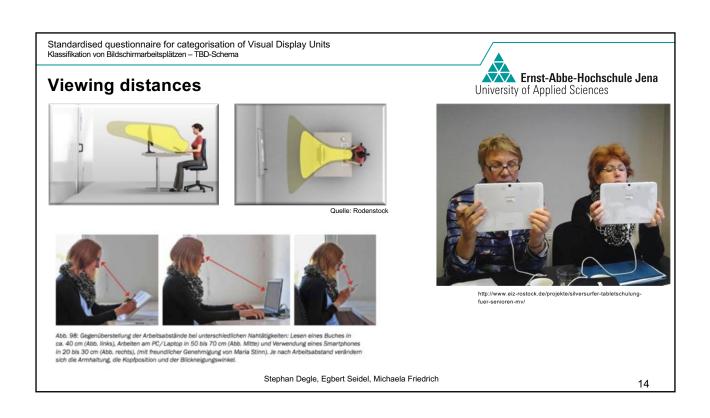
https://healthcare-in-europe.com/de/story/18380-intensive-smartphone-nutzung-kann-armnerven-schaedigen.html

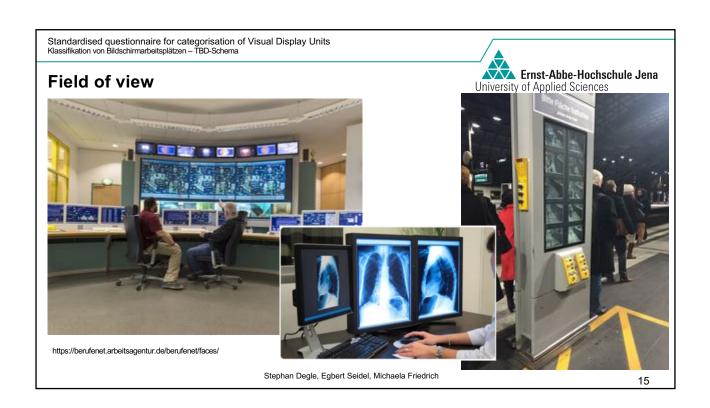
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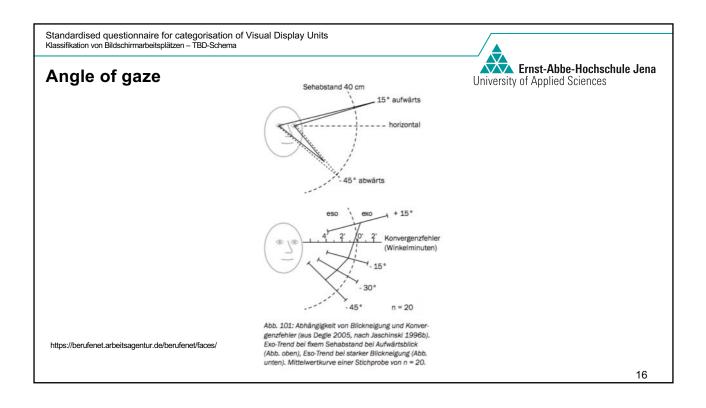
4.

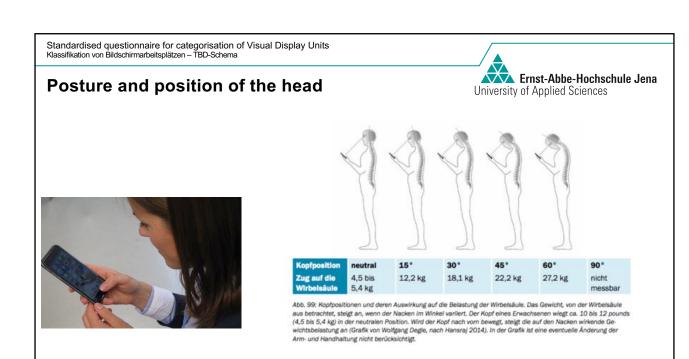












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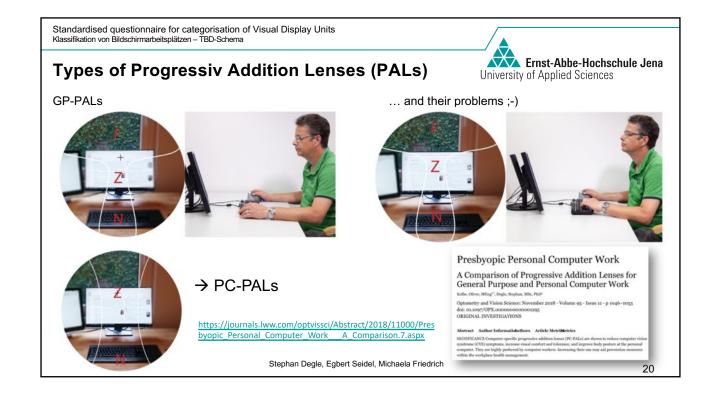
Static vs. dynamic conditions

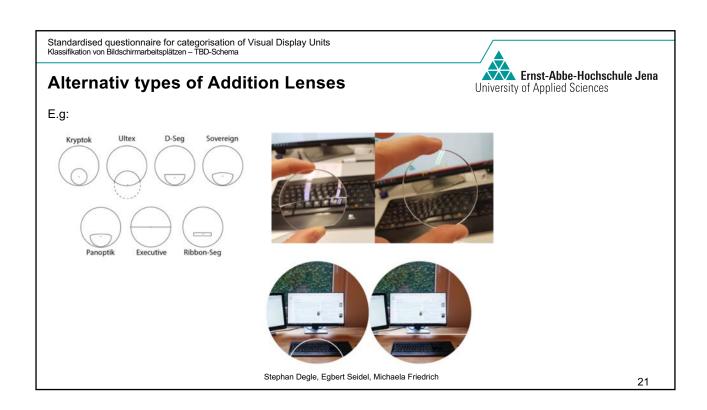


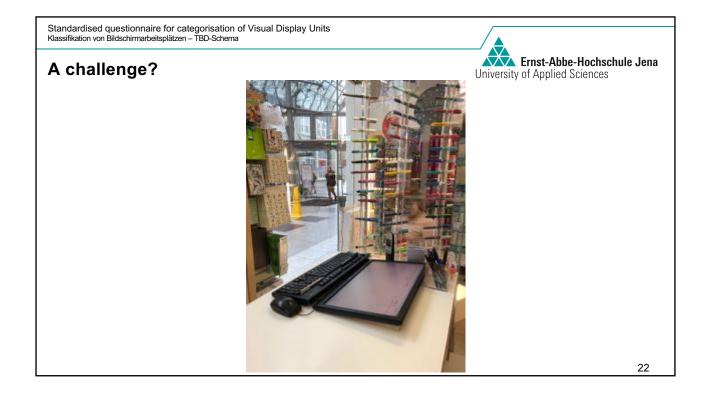


https://www.bellicon.com/ch_de/news/news-and-events/fit-am-arbeitsplatz-und-auf-der-geschaeftsreise

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Hardware



https://www.kaufberater.io/elektronik/eingabegeraete/computermaus/





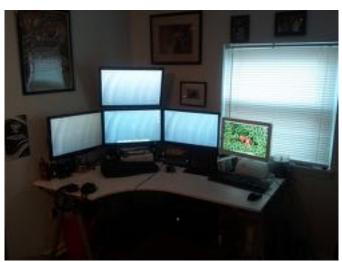
http://www.cimis.fr/catalog/product/gallery/id/532/image/1148/

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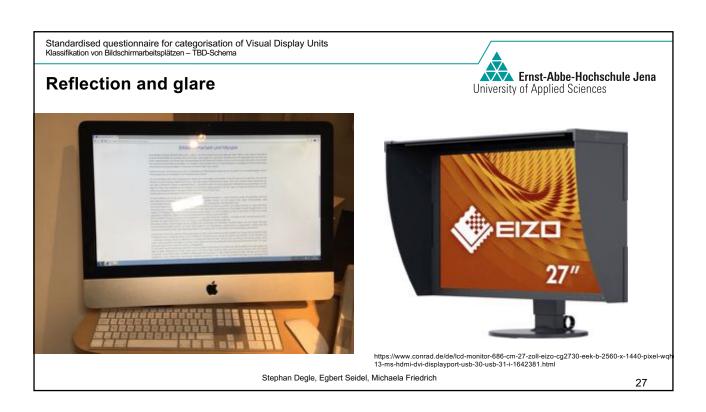
Light conditions

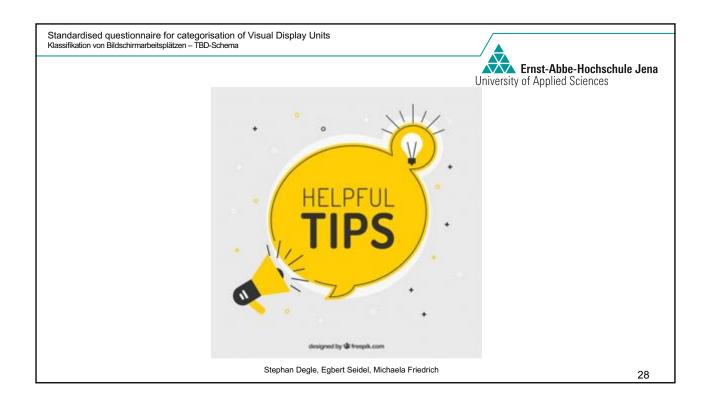


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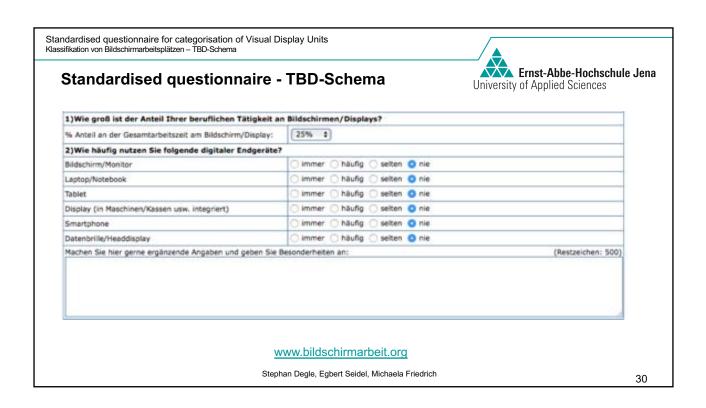
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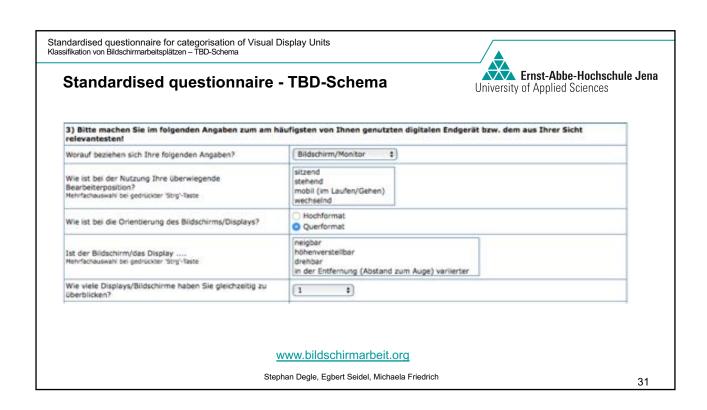
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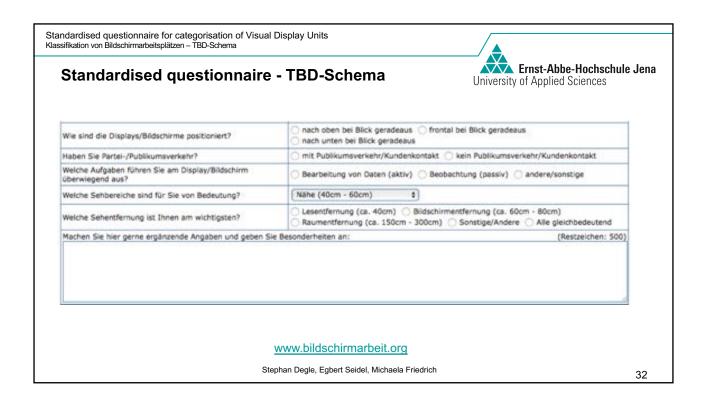


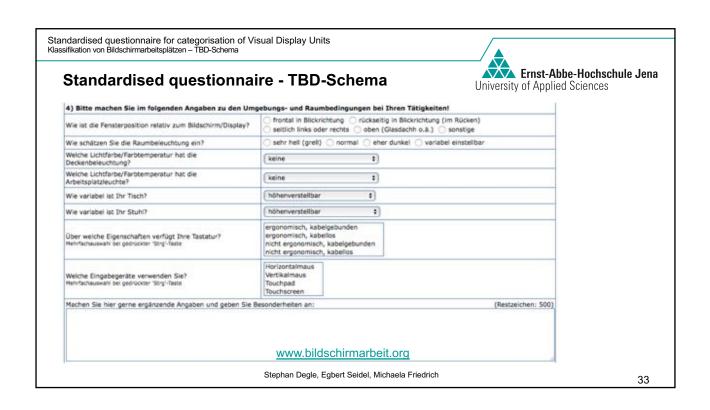


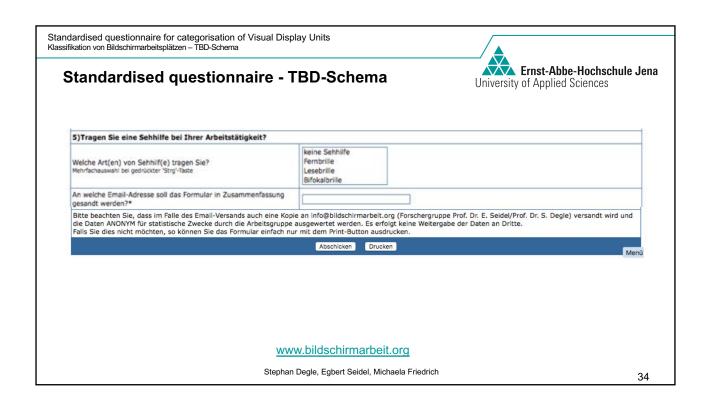




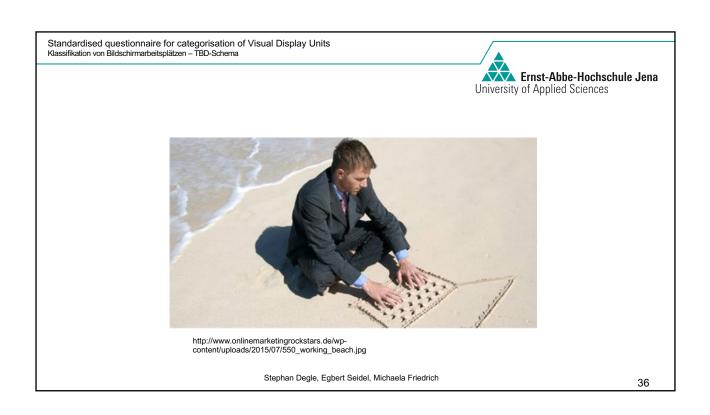












With best thanks!









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Dr. Michaela Friedrich





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Philipp Hessler, M.Sc.

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