

Computers are an everyday part of our lives. In recent years, become an integral part of almost every household and is standard equipment most workplaces. People are now confronted with them since early childhood, accompanied them for study and then work with them often at work several hours a day. The physical difficulties, which often have people working at computer screens, a lot has been written. There are studies that show the presence of motion, visual, psychological and other problems associated with daily use after- counters. The aim of this work is to capture mainly the incidence of visual and motor difficulties emerging when working with computers. It is based on a questionnaire survey conducted at 3 different groups of computer users, in charge of their activities. Furthermore, focusing on food Rome on the possibilities of their prevention and ergonomic knowledge on the matter.