

Name

Sunanta Getuadisorn

Degree

Master of Science (Industrial Hygiene
and Safety)

Thesis Supervisory Committee

Chompusakdi Pulket, B.Sc., M.s., Ph.D
Venika Kamlang-ek, B.Sc., M.S., Dr.PH.
Soontorn Supapong, B.Sc., M.D., M.Sc.
Vajira Singhakajen, B.A., LL.B., M.A.

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Abstract

A comparative study of visual fatigue among two groups of the VDT operators whose visual performances are adequate and inadequate for the job. Data collection included the CFF value, the cluster of symptoms of visual fatigue, general characteristics, health data and other visual-related informations that may affect visual fatigue while working with the VDT machines.

The selected subjects of the study were employees of the Overseas Telecommunication Center under the Communications Authority of Thailand. The designed study had covered 130

persons who work during the daytime. Observations were begun before working time until the first "break" of 20 minutes. Two experimental methods:(1) Flicker Test and (2) filling out a questionnaire were done to determine the visual fatigue. The major findings of the study revealed that the visual fatigue of employees whose visual performances (both adequate and inadequate) very before and after working hours. Many factors concerning age, eye's disease, visual defect and sleeping problems were found to be related with visual fatigue. The recommendation of this study was to have a screening programme for the worker before entering the job and also should have periodical screening medical examination particularly the visual examination. Work schedule, resting period and the suitable working environment are also important to be provided for the workers.