

Adaptation study of computer workstation checklist for Lithuanian enterprises

Study implementation period: 2018–2019.

Introduction. The display screen equipment (DSE) workstation checklist can be used by employers who need to comply with the Health and Safety. It can be used as an aid to risk assessment of risk factors associated with musculoskeletal disorders related to computer work. Such a checklist must be valid and reliable. The original checklist was developed by the United Kingdom Health and Safety Executive practitioners' experience in the office ergonomics.

Aim of the study – to adapt a display screen equipment (DSE) workstation checklist to Lithuanian enterprises and to evaluate the content validity and reliability of a checklist.

Methodology. It lists risk factors in six areas, with 'yes/'no' tick boxes: keyboards, mouse and trackball, display screens, software, furniture and work environment. It lists issues to consider and gives space to record planned action. Two independent translators will translate a checklist to the Lithuanian language. Differences between the translations will be considered. An expert panel will evaluate the content validity of the checklist. A final version of the adapted checklist will be obtained. An individual evaluation of the participant ($n \geq 30$) performing the usual work (computer workstation) will be undertaken by two independent experts.

Expected results. As a result of this study, the display screen equipment (DSE) workstation checklist will be adapted and made available for use for Lithuanian enterprises to identify ergonomic risk factors at work place. The checklist will be presented at various training sessions, workshops and conferences.

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