

## **Kids and workers need keyboard skills**

The TUC is calling on the government to help stop the epidemic of workplace repetitive strain injuries (RSI) by introducing typing and keyboard skills into schools. It says in 2004/05 nearly 375,000 people suffered from a musculoskeletal disorder affecting the upper limbs or neck that was caused or made worse by their current or past work. RSI is easily preventable if employers undertake a risk assessment and provide proper ergonomic equipment and working methods for staff, however most employers are not doing this, says the TUC. One of the causes of RSI is the large number of “two-fingered typists” who use computers for a considerable part of the working day without any proper keyboard training. TUC general secretary Brendan Barber said: “Keyboard skills are not a statutory part of the National Curriculum, although individual schools can decide to introduce them. This means that millions of children are missing out on a life skill that could help protect the workforce of tomorrow from this painful and chronic illness. The government should introduce touch typing and keyboard skills into the National Curriculum as soon as possible.” TUC says workers should ensure their workstation is set up properly.

- [TUC news release](#). [Hazards computer workstation checklists](#). [Office ergonomics pocket guide](#) from Canadian safety organisation CCOHS.