

A study on the relationship between smart- working (agile work) and ergonomic factors

* Obbligatoria

1. The data will be used anonymously for a study on this issue. Agree to participate

Yes

No

2. Sex *

Male

Female

3. Age *

completed years

Il valore deve essere un numero

4. Your educational qualification *

indicate the most high

Primary school diploma

middle School diploma

high school diploma

first degree

master's degree

doctorate

university specialization

first level master

second level master

Altro

5. Have you done at least 100 hours of work in the last 3 months in smart- working mode ? *

Yes

No

No (I am retired or currently have no employment)

6. What sector do you work in? *

Public

Private

Altro

7. Add more information about your job description *

8. In which region / autonomous province do you work? *

- Abruzzo
- Basilicata
- Calabria
- Campania
- Emilia Romagna
- Friuli Venezia Giulia
- Lazio
- Liguria
- Lombardia
- Marche
- Molise
- Piemonte
- Provincia Autonoma di Bolzano
- Provincia Autonoma di Trento
- Puglia
- Sardegna
- Sicilia
- Toscana
- Umbria
- Valle d'Aosta
- Veneto

9. Your region / autonomous province at the moment by the recent DPCM based on the criteria issued has been defined in the area *

Red

Yellow

Orange

Altro

10. Have you been trained on the configuration of the workstation for smartworking ? *

for nothing 1 2 3 4 5 6 a lot

11. What technological tool do you use the most to work in smart- working ?

. *

Tablet

laptop computer

smartphone

Personal computer

Altro

12. Do you feel more or less stressed since operating in this mode? *

more

less

equal

I don't know

13. Can you indicate the major causes of stress you perceive for smartworking ? *

Difficulty in relating with colleagues (both in the office and in smartworking)

Sense of being abandoned to if same

Too much invasiveness outside the normal working hours

Difficulty reconciling family life

Lack of coordination

Altro

14. If you wish, you can detail the major cause of stress / major criticality in working in smart working

15. Have musculoskeletal problems arisen or worsened since you started working in this modality? *

for example back pain, tendonitis, neck pain , etc ...

Yes

No

16. if yes , which part of the body / anatomical area was affected?

.

cervical

lumbar

wrists

shoulders

Altro

17. How long did it take you to organize the work station? *

0 minutes

less than 30 minutes

less than an hour

more than an hour

more than two hours

18. Is the seat you use adjustable? *

Yes

No

Non saprei

19. Where is the natural light source positioned relative to the monitor / screen used?

.

front

rear

lateral

20. How far away is the screen/monitor from your face? *

- less than 20 cm
- between 20 and 50 cm
- More than 50 cm
- I do not know

21. Add additional comments and / or observations here

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