

## **DISPLAY SCREEN EQUIPMENT**

Many of us spend most of our working day at a computer or other DSE workstations. Aches and pains through prolonged use of DSE are very common and continuation can lead to permanent harm. Making a few simple adjustments can make you feel more comfortable and prevent ill health.

There is no requirement in law for students to complete a DSE assessment. However, students should still follow good DSE practice.

### **Take Breaks**

Sitting in the same position for hours will lead to aches and pains. Try taking short 5–10-minute breaks from your DSE work to help you work more efficiently and reduce the risk of harm

### **Sitting at the right height**

People adjust their seats so that their feet are flat on the floor but this also means that their arms are too low for the keyboard and results in hunching their shoulders which leads to neck and shoulder pain.

Raise your chair so that the lower arm is level with the middle row of keys with a 90-degree angle at the elbow. Keep your wrists straight and don't rest your arms or wrists on the desk while using the keyboard.

### **Discomfort from using the mouse**

People often suffer from pain in their arm, shoulder or hand. This may be because they stretch their arm to reach the mouse or grip the mouse too tightly.

Place the mouse close to you so that it can be used with a relaxed arm and straight wrist. You could also support your arm lightly on the desk surface.

### **Blurred vision and Headaches**

Prolonged use of the computer could lead to blurred vision or headaches. Glare on the screen or a dirty screen can also lead to eye strain.

Take microbreaks from looking at the monitor every 5 minutes to help reduce eye strain, use blinds to shield windows and keep your screen clear.

Blink regularly, as focusing on a screen may make you blink less, which can make your eyes dry and uncomfortable.

Try out some eye exercises to alleviate eyestrain.

## **Pregnancy**

If you are pregnant you will need to review your workstation to incorporate the need for more posture related issues. Please let your tutor know so that one can be arranged to be carried out.