



Key Legislation: **Health and Safety (Display Screen Equipment) Regulations 1992**

KEY STATISTICS



500,000

Workers suffering from upper limb disorders linked to DSE use



60%

Of office workers experience eye strain from screen use daily



£1.2 billion

Annual cost of musculoskeletal disorders from DSE



80%

Reduction in DSE-related injuries with proper workstation setup

LEARNING OBJECTIVES



Understand the requirements of the DSE Regulations 1992



Conduct a DSE workstation assessment



Set up a workstation correctly for individual needs



Identify and report DSE-related health problems

STEP-BY-STEP GUIDE

1

Screen

Top of screen at or below eye level, arm's length away, no glare



2

Chair

Lumbar support, feet flat on floor, elbows at 90 degrees



3

Keyboard

Flat, close to body, wrists straight when typing



4

Mouse

Close to keyboard, same height, relaxed grip

