



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

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

