



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_ / 8

**CIRCLE THE CORRECT ANSWER FOR EACH QUESTION****Q1. What does DSE stand for?**

- A. Digital Screen Equipment
- B. Display Screen Equipment
- C. Desktop Safety Equipment
- D. Digital Safety Evaluation

**Q2. At what height should the top of a computer screen be positioned?**

- A. Above eye level
- B. At or slightly below eye level
- C. At desk level
- D. At shoulder height

**Q3. What is the 20-20-20 rule?**

- A. Work for 20 minutes, rest for 20 minutes, repeat 20 times
- B. Every 20 minutes, look at something 20 feet away for 20 seconds
- C. Take 20 steps every 20 minutes, 20 times a day
- D. Use 20% screen brightness, 20cm distance, 20 degree tilt

**Q4. Under the DSE Regulations, who is a 'DSE user'?**

- A. Anyone who uses a computer occasionally
- B. A worker who habitually uses DSE as a significant part of their normal work
- C. Only office workers
- D. Anyone with a computer at home

**Q5. What must employers provide to DSE users who request it?**

- A. A new computer
- B. An eye and eyesight test
- C. A standing desk
- D. Ergonomic gloves

**Q6. What angle should the chair back be adjusted to?**

- A. 90 degrees (upright)
- B. 100-110 degrees (slight recline)
- C. 70 degrees (forward lean)
- D. 45 degrees

**Q7. What is the recommended distance between the user and the screen?**

- A. 30-40 cm
- B. 50-70 cm
- C. 80-100 cm
- D. Over 1 metre

**Q8. What should you do if you experience eye strain from DSE use?**

- A. Ignore it — it will pass
- B. Increase screen brightness
- C. Report it to your employer and request an eye test
- D. Wear sunglasses

**Answer Key (Trainer Use Only):** Q1:B Q2:B Q3:B Q4:B  
Q5:B Q6:B Q7:B Q8:C