



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

