

# ■ DSE Assessor — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | [trainerresources.com](http://trainerresources.com)

**Instructions:** Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **DSE Assessor** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

## Q1. What does DSE stand for?

- A) Display Screen Equipment
- B) Digital Safety Equipment
- C) Desk Safety Evaluation
- D) Display Safety Ergonomics

## Q2. What legislation covers DSE?

- A) Health and Safety at Work Act 1974
- B) Health and Safety (Display Screen Equipment) Regulations 1992 (amended 2002)
- C) PUWER 1998
- D) Manual Handling Regulations 1992

## Q3. 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 who owns a computer

## Q4. What is the correct monitor height?

- A) Below eye level
- B) Top of screen at or slightly below eye level
- C) Above eye level
- D) At desk level

## Q5. What is the correct chair height?

- A) Feet flat on floor, thighs horizontal, forearms horizontal when typing
- B) As high as possible
- C) As low as possible
- D) Whatever feels comfortable

## Q6. What should the document holder be positioned?

- A) On the desk to the side
- B) At the same height and distance as the screen, between screen and keyboard
- C) On the wall
- D) Below the screen

## Q7. What is the recommended distance from eyes to screen?

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

**Q8. What is the purpose of regular breaks from DSE work?**

- A) To reduce productivity
- B) To reduce fatigue, eye strain and musculoskeletal problems
- C) A legal requirement only
- D) To save electricity

**Q9. What is a workstation assessment?**

- A) A furniture purchase decision
- B) A systematic evaluation of the DSE workstation to identify and reduce risks
- C) An IT audit
- D) A health check

**Q10. What eye and eyesight tests are employers required to provide?**

- A) Annual tests for all employees
- B) Tests for DSE users who request them, and corrective appliances if needed specifically for DSE work
- C) No obligation
- D) Tests only if problems arise

**Q11. What is upper limb disorder (ULD)?**

- A) A shoulder injury only
- B) A range of conditions affecting muscles, tendons, nerves in the neck, shoulders, arms, wrists and hands
- C) Carpal tunnel syndrome only
- D) A back condition

**Q12. What is the correct keyboard position?**

- A) At the edge of the desk, wrists extended
- B) Slightly away from the edge, wrists straight, elbows at desk height
- C) As far from the user as possible
- D) Tilted upwards

**Q13. What is the purpose of a wrist rest?**

- A) To rest wrists while typing
- B) To support wrists during pauses in typing — not while actively typing
- C) To prevent RSI
- D) To improve typing speed

**Q14. What should be considered in a home working DSE assessment?**

- A) Only the chair
- B) All workstation elements including chair, desk, screen, lighting, environment and breaks
- C) Only the screen
- D) Only the desk height

**Q15. What is the recommended refresh rate for a monitor?**

- A) 30Hz
- B) 60Hz minimum, 75Hz or higher preferred
- C) 120Hz only
- D) Any rate is acceptable

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## Answer Key

Q1: A Q2: B Q3: B Q4: B Q5: A Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B

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