Display Screen Equipment (DSE) is the technical name for the computer equipment you use at work or home.

**Using DSE**

Display screen work can be physically and mentally demanding.

- It needs concentration, close visual work and frequent eye movements.
- You can improve the situation by knowing how to use your DSE properly. Simple steps can help prevent discomfort as well as improve your productivity and job satisfaction.

**Incorrect Positioning**

Incorrect positioning of any DSE - or of users - can lead to physical problems such as work related upper limb disorders (WRULDS)

**Sore Back, Neck and Shoulders**

Sitting awkwardly may lead to poor posture - muscle strain. The upper body is most comfortable when you do the following:

- Keep your back supported
- Keep your head up
- Let your upper arms hang relaxed by your sides

**Sore Hands, Wrists and Arm**

When your arms are raised or your wrists are bent for too long a period of work, you may develop tendon and/or nerve disorders. This is less likely if you:

- Keep your forearms at nearly a right angle to your upper arm.
- Keep your wrist straight and in line with your hand and forearm.

**Your Eyes Play an Important Role**

You should therefore be aware of the following:

- Using DSE can put a strain on your eyes
- During close work eye muscles that hold the focus on a display screen become tired
- There is a need for constant visual adjustment
- Adapting to changing light or glare can make your eyes tired, as can shifting your gaze between reference sources and the screen
How to Avoid Problems

Small changes make a big difference. These are some of the things you can do to avoid strains and pains:

- Learn how to sit properly
- Adjust your office furniture so that you can sit correctly and do not need to stretch.
- Keep your head up, with your head and body facing the screen directly and not at an angle
- Your eyes should be at the same height as the top of the screen
- Keep your elbows close to your sides
- Have your upper and lower arms at approximate right angles
- Your fingers should hover over the keyboard when you type and you should only rest your arms on the side or arm rests when you stop
- Sit on your chair with most of the weight on your bottom and very little weight on your knees to prevent aching feet
- Keep your knees level with your hips
- Make sure your lower back is supported
- Put your feet on the floor or use a footrest if necessary
- Take regular breaks and change your position before you get too tired.

Graphics supplied by Osmond Group Limited (Ergonomic Office Solutions)