

WORKING WITH DISPLAY SCREEN EQUIPMENT

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

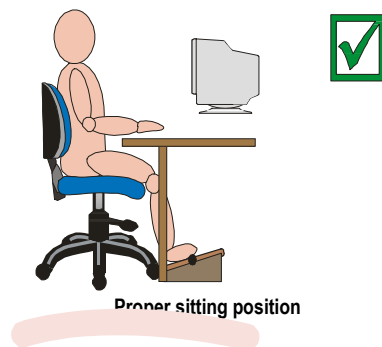
You should therefore be aware of the following:

- 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.



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