

Working from home

Display Screen Equipment Safety

Due to the coronavirus pandemic, many workers are having to work from home as a social distancing measure.

Just because you are working from home, doesn't mean that you should neglect your health whilst working with Display Screen Equipment (DSE).

Using a suitable chair

To evaluate if your chair is practical for use at home, check that it meets the following criteria:

- Suitable for the user and stable
- Back height and tilt are comfortable
- The small of your back is supported
- Forearms should be level with the screen when held horizontal
- Eyes should also be level with the top of the screen
- Feet should be flat to the floor without pressure from the seat.



Setting up your desk



Once you are comfortable in your chair, sit at your desk and make sure that you can do the following:

- Find a comfortable typing position
- Have good keyboard technique
- Have clear characters on your keyboard
- Keep your keyboard separate from the screen
- Tilt your keyboard
- Have a working mouse
- Position your mouse close to you
- Have support for your wrist and forearm
- Have a suitable device speed
- Easily adjust the speed and accuracy of the mouse
- Fit all equipment on the desk
- Reach all equipment
- Surfaces are free from glare

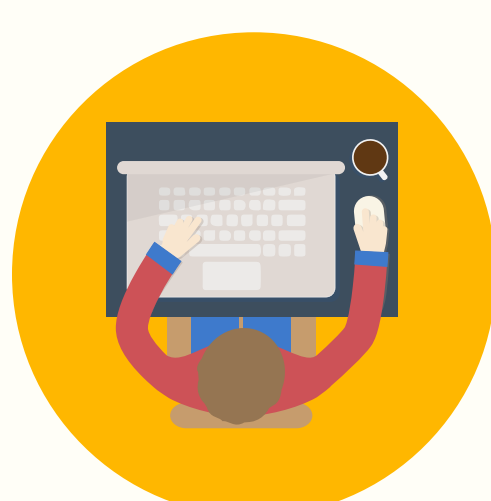
Screen Safety

Poor screen setup can lead to eyesight difficulties and headaches. Avoid these health problems by making sure your screen is suitable for use:

- Text size should be easy to read
- Screen image should be free from flickering and jittering
- Screen should be stable
- Brightness and contrast should be adjustable
- The screen should be able to tilt
- The screen should be free from reflections
- Screen height should be adjustable, or you should use adjusters or raisers to adjust height
- Eyes should be level with the top of the screen



Environment and noise



Your working environment should be suitable for work. Check that your work space meets the following criteria:

- You can move around freely
- Lighting is suitable
- The air feels comfortable
- Heat levels are comfortable
- Noise levels are comfortable

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