

Toolbox Talk

Display Screen Equipment



What?

- Display Screen Equipment (DSE) includes any alphanumeric or graphic display screen used at work. This also could include Laptop or Tablet Devices
- Workstation is an assembly comprising of display screen equipment, software, keyboard or other devices, accessories and the immediate work environment around the display screen equipment (including software, screen, keyboard, mouse, etc.). Any optional accessories to the DSE, such as, any USB drives, telephone, printer, document holder, or other item peripheral to the DSE
- Display screen equipment (DSE) is any work equipment having a screen that displays information. Typical examples are computer screens often called monitors or VDUs

Why?

Using display screen equipment improperly can result in repetitive strain injuries, headaches, eye strain and posture problems unless you take steps to alleviate these conditions



Do



- ✓ Check for glare and adjust your monitor
- ✓ Take regular breaks from your screen
- ✓ Position the keyboard so that your wrists can rest horizontally on the desk or wrist pads
- ✓ Ensure your seat is correctly positioned next to the desk
- ✓ Clean the screen regularly
- ✓ Ensure that lighting is suitable
- ✓ Complete a work station questionnaire
- ✓ When using a laptop, whenever possible, users should be encouraged to use a docking station or firm surface and a full-sized keyboard and mouse.
- ✓ Intersperse DSE work other duties to reduce posture problems

Don't



- ✗ Have your back to a window
- ✗ Remain too long in one position. Make sure you change your posture as often as practicable.
- ✗ Work with a dirty screen

