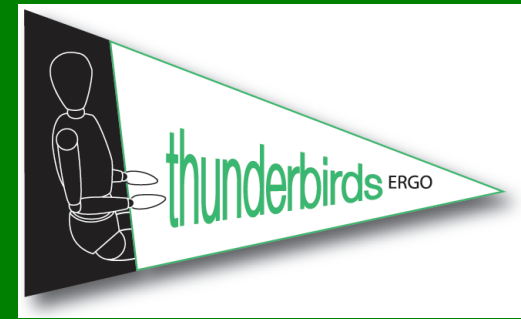


system concepts

DSE - WHAT'S IT ALL ABOUT?



The DSE Regs



What is a user DSE User?

Who should carry out an assessment?

Reg 3 – Requirements of workstations

Reg 2 – Analysis of workstations

Reg 7 – Provision of Information

Reg 6 – Provision of Training

Reg 4 – Daily work routine

Reg 5 – Eyes and eyesight

Guidance on Training



Every employer shall ensure that operators and users at work in his undertaking are provided with adequate information and training

- L26 - HSE Guidance: Work with display screen equipment – *for DSE Assessors*
- HSG90 The Law on VDUs: an easy guide – *for employers*
- indg36 – Working with VDUs – *for employees*

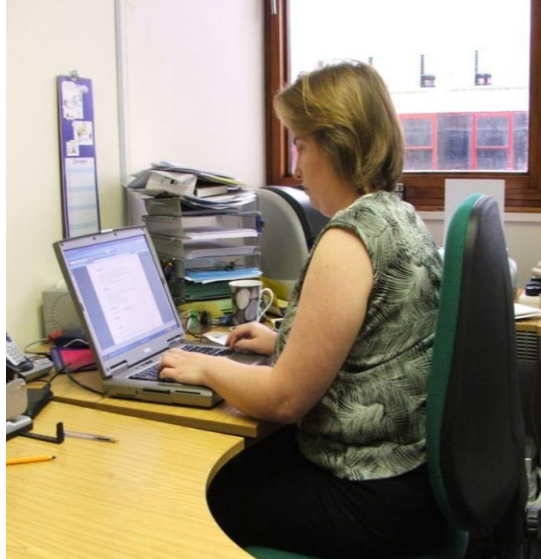
All of which give general guidance factors



What do we know?

- How high should our chair be?
- What determines where a backrest should be?
- How far away should our screen be?
- How high should our screen be?
- What determines where our keyboard should be?
- Are mouse and keyboard rests good?
- Is a lumbar support cushion a good idea?
- Are chair arm rests good for posture?

Examples of the poor posture



Indicators 1



Indicators 2

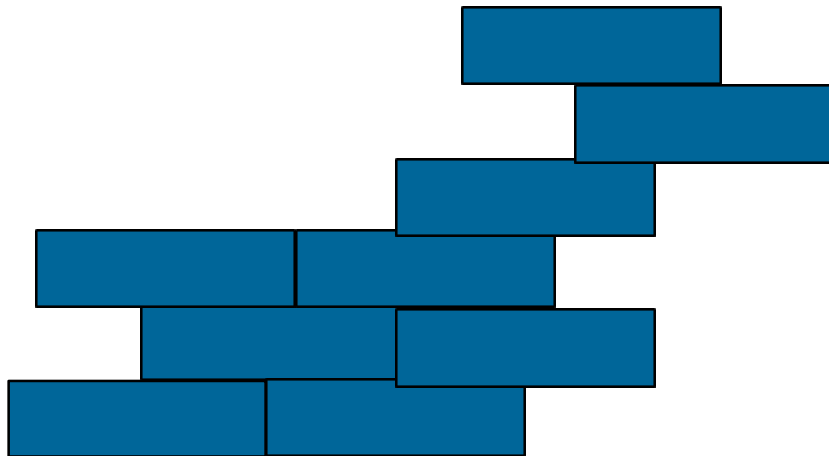


Indicators 3



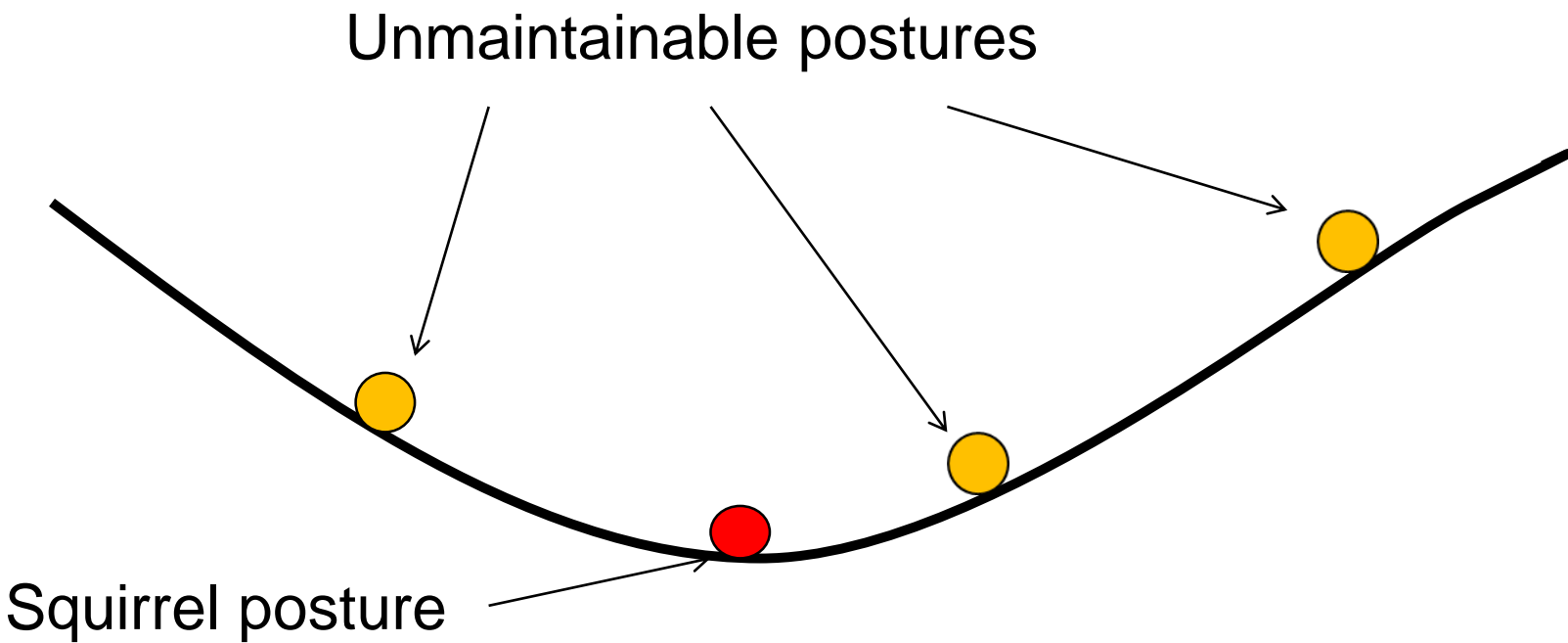


General factors added together



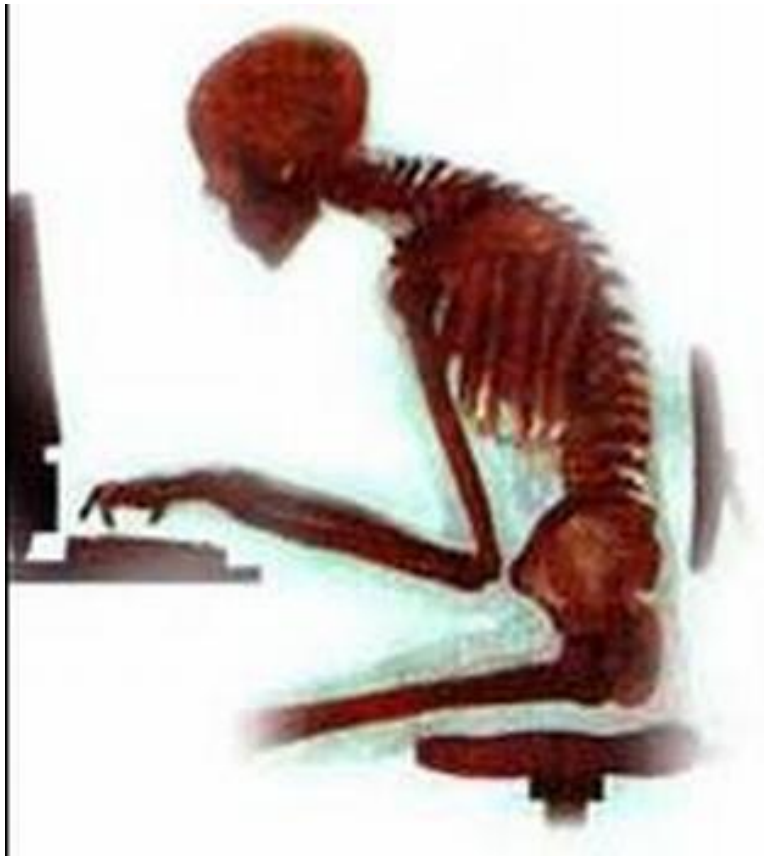
When added together the general guidance factors can lead to an unstable posture

General factors



system **concepts**

There is one now!

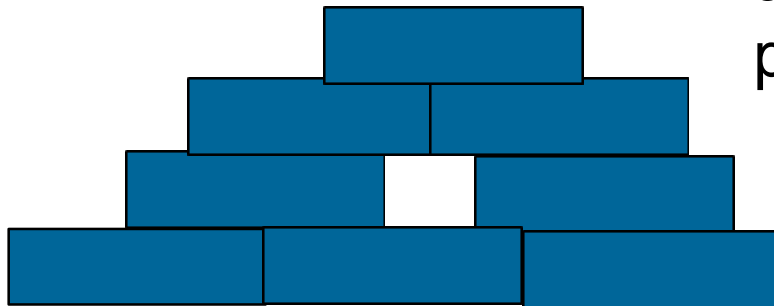
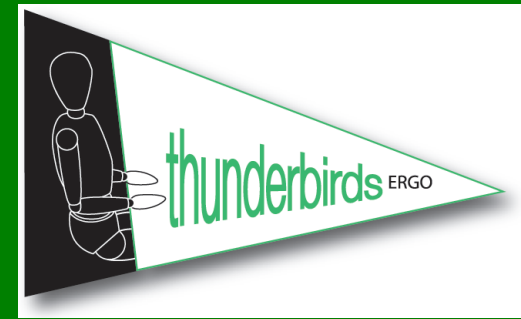


Posture Set-up Sequence



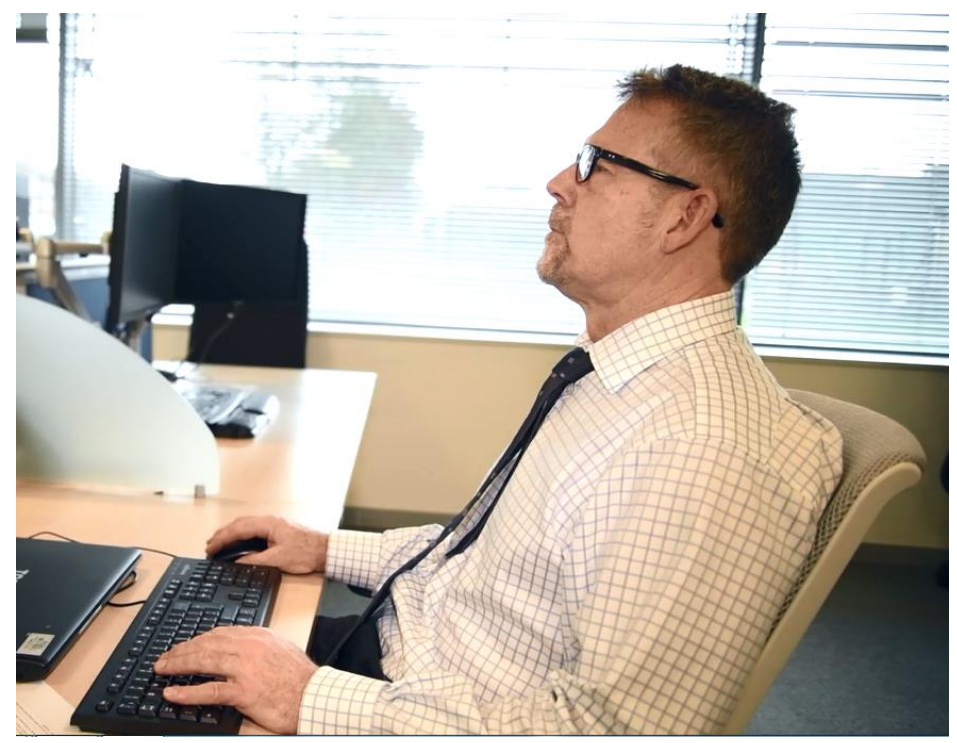
- Building block sequence – floor up
- Mostly about the chair
- Teaches people what is good posture
- Gives people the confidence to change chair settings
- Allows them to seek their own unique posture - in any new location

Ergonomic Goals



Ergonomic goals leading to
a stable maintainable
posture

Subtly different





Were we right with what we know?

- How high should our chair be?
- What determines where a backrest should be?
- How far away should our screen be?
- How high should our screen be?
- What determines where our keyboard should be?
- Are mouse and keyboard rests good?
- Is a lumbar support cushion a good idea?
- Are chair arm rests good for posture?

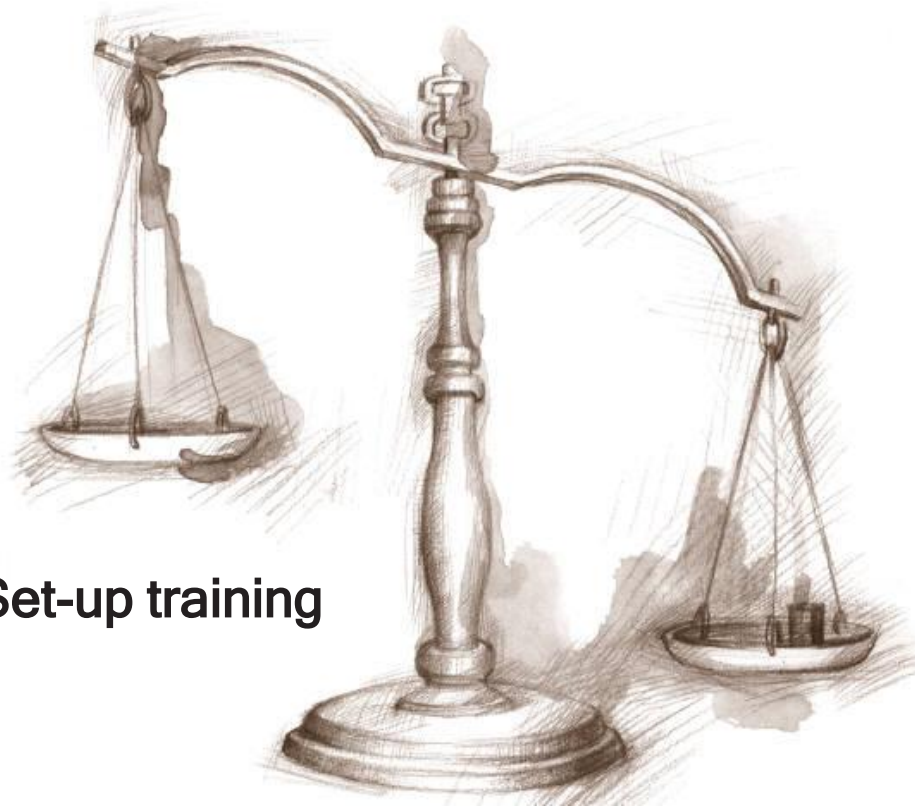


Where are the DSE costs and loses?

Failure to:

- a) meet legal requirements?**
- b) teach posture set-up?**

Weigh-up the options!



£ Posture Set-up training

- £ Lost time
- £ Low staff efficiency
- £ Healthcare usage
- £ Sickness absence
- £ Expensive hardware
- £ PI claims

system **concepts**

Go sort them Squirrels!



Any Questions?