

# Toolbox Talk

## 13. Display Screen Equipment



### What?

- Display Screen Equipment (DSE) includes any alphanumeric or graphic display screen used at work
- 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 disk drive, telephone, modem, 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
- ✓ Intersperse DSE work other duties e.g. filing, telephone calls to reduce posture problems

### Don't



- ✗ Have your back to a window
- ✗ Remain too long in one position
- ✗ Work with a dirty screen



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