



# DISPLAY SCREEN EQUIPMENT (DSE)POLICY

# JULY 2020

Daemon fire and security Ltd – Display Screen Equipment (DSE) policy 2019  
M. Ryan – MGR Fire and facilities consultants Ltd July 2019  
Review date: July 2020 – Next review date: July 2021



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## Display Screen Equipment (DSE) policy:

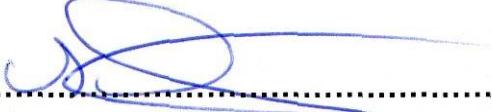
### Policy Acceptance:

Daemon fire & security Ltd, recognises it has an obligation under the Health and Safety at Work Act 1974 and the Management of Health and Safety at Work Regulations 1999, for the health and safety and welfare at work of its employees.

Daemon fire & security Ltd, has developed this policy to ensure that it complies with the requirements of the Display Screen Equipment Regulations.

Daemon fire & security Ltd, have prepared the following display screen equipment (DSE) policy and all other relevant policies for the protection of all persons having cause to be employed by and work with the company.

The signature below is the acceptance of the Directors to agree its contents and accept its provisions.

**SIGNED:** 

**NAME / POSITION:** Simon Wootton

**DATE:** 10-07-2020

Daemon fire and security Ltd – Display Screen Equipment (DSE) policy 2019

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### Scope:





The DSE Regulations apply to all employees (including temporary and volunteers) who habitually use DSE for a significant part of their normal work, these employees are defined as "**users**".

Employees that use DSE continuously for an hour a day or more must be defined as a **user** and the Regulations will apply to them.

This policy applies whenever they work with DSE, no matter where the location may Be, this includes those who work at home through either formal or informal arrangements.

In addition, all workstations must meet the minimum requirements of the Regulations, not just those of **users**.

### Definitions:

**Display screen equipment (DSE)** - This term covers any alphanumeric or graphic display screen, regardless of the technology involved, with the exception of televisions, calculators and display typewriters. Computers and smartphones comprise the majority of display screen equipment in the within the business.

### User - An employee would be defined as a “DSE users” if they:

- Normally use DSE for continuous or near-continuous spells of an hour or more
- at a time
- Use DSE in this way more or less daily
- Have to transfer information quickly to or from the DSE workstation - The term 'workstation' includes the display screen equipment, keyboard, mouse or any other input devices; the immediate work environment, work chair, work desk, work surface, printers and document holder
- Risk Assessment - A risk assessment is simply a careful examination of what, in the workplace could cause harm to people
- Hot desk - a hot desk is a DSE workstation that is made available for ad hoc use in premises occupied by the company and is available to any member of staff in support of the company's strategy for mobile working
- Shared desk - a shared desk is a DSE workstation that's use is primarily reserved for use by individual team members in support of local service delivery needs
- However, a shared desk workstation may be made temporarily available upon an individual request for general staff use in circumstances where there will be no adverse effect upon local service delivery needs





- Handheld Portable Device – this is any electronic device that can easily be carried, it is a small computing device that is designed to be held and used in the hands, has a stylus, key or touch screen and are normally battery operated
- Portable devices (other than laptops) are; iPad, smartwatches, pagers, tablets, smartphones & electronic recording devices that may also be referred to as handheld device or mobile device.

### **Policy Statement:**

Daemon fire & security Ltd, aims to secure the health and safety of its employees and others in so far as is reasonably practicable by:

- Providing compliant workstations and arrangements to assess the risks from using DSE
- Taking steps to remedy the risks found as a result of the assessment
- Encouraging staff to incorporate changes of task within the working day, to prevent intensive periods of on-screen activity
- Arranging for the provision of eye tests, if desired, following a risk assessment
- Arranging for the supply of any corrective appliances where these are specifically required for DSE work
- Advising existing employees and all prospective employees of the risks to health through DSE work and how these may be avoided

### **Roles and responsibilities:**

The roles and responsibilities set out below are specific to this policy but are an extension to those set out within Daemon fire & security Ltd, staff handbook.

#### **Managing Director:**

The managing Director is ultimately accountable for ensuring compliance with the Regulations, this includes ensuring that an adequate DSE Policy is produced and the resources are available to implement it.

#### **Office manager:**

The office manager will be responsible for ensuring that arrangements are in place to enable the successful implementation of the policy on a day to day basis





### **Service managers:**

Service Managers will be responsible for ensuring that the policy is enacted in areas under their control, they will feedback information on compliance to the H&S adviser as required / requested and, where necessary, take remedial actions to improve standards

### **Line managers:**

Managers will identify the employees working for them who use DSE long enough to be designated as users, they will then ensure the users complete the HSE workstation checklist and those based at a regular workstation, undertake a self-assessment of their workstation using the form in Appendix 1

Once users have completed the training, assessed their workstation and made the necessary adjustments to work comfortably, managers will review the completed assessment to ensure the necessary actions to satisfy minimum requirements are achieved for that user at that workstation.

Seek the support of specialist advisors in circumstances in which the safety, health and wellbeing of any recognised user of DSE may be adversely affected.

Support DSE users when experiencing a vision problem or requests a vision test in accordance with this policy.

Escalate to the office manager any significant and related preventive and protective measure which they have no authority or resource to implement.

Ensure all staff that use DSE, arrange their workload in such a way that they take short frequent breaks away from DSE work activity.

Ensure all staff that use DSE are aware that they are to notify their Line Manager of any problems arising from or affecting their use of DSE equipment.

Managers will ensure that their agile/mobile workers are aware of the need to dynamically assess each workstation/situation when using DSE and take the appropriate steps to make themselves comfortable, otherwise limit their use.

For example, laptops should be used in suitable environments, (the use of laptops in vehicles are not recommended and continual use not at a suitable table or chair should be kept to a minimum, no longer than 20 minutes without a break).





## Employees / Users:

All employees who use DSE should view the HSE workstation checklist and ensure that they understand the risks of using DSE and how to avoid them including how to adjust their workstation to achieve comfort. **(If in doubt ask)!**

Users working at the same workstations regularly, should complete a workstation assessments using the form in Appendix 1 and report any issues to their manager.

They must ensure their workstation is correctly adjusted to meet their individual needs and take short frequent breaks away from DSE work activity, they must also ensure the workstation and surrounding area are kept clean, tidy and free from clutter and trip hazards, especially when hotdesking.

Those who use DSE at various locations / workstations MUST undertake a "dynamic" workplace assessment each time they have a new workstation and make suitable adjustments to achieve comfort and work safely.

Wherever facilities allow they should use docking stations and access monitors and separate keyboards, so that the laptop can be used in a proper workstation configuration.

Users must not put themselves at risk when mobile working i.e. laptops should be used in suitable environments, (the use of laptops in vehicles is not recommended and continual use not at a suitable table or chair should be kept to a minimum, of no longer than 20 minutes without a break).

Employees must bring to the attention of their manager / supervisor any health and safety concerns related to their DSE, furniture and / or working environment including ill health condition they believe to be DSE related.

## Health and Safety Adviser (HSA):

The Health and Safety adviser will be responsible to provide an assurance forum for service managers to report upon the implementation and effectiveness of this policy within their respective areas of responsibility.





## **Monitoring and review of the implementation of this Policy:**

### **Home Workers and Mobile Workers:**

If a DSE user is employed to work at home, or at other locations away from their main base including agile working, DSE regulations are not relaxed, whether or not the workstation is provided in whole or in part by Daemon fire & security Ltd.

As it is not practical to visit the homes of individual users who habitually undertake DSE related activities at home the user's respective line manager will encourage them to complete a DSE self-assessment and be prepared to discuss the outcome of the self-assessment to establish an agreed approach to safe working.

To work effectively, any Home Working / Mobile / Agile Working arrangement has to meet the business needs of the company. Daemon fire & security Ltd, is committed to work life balance and as far as possible operates flexible working practices for suitable staff.

Home working / mobile working, forms part of those flexible working arrangements and will be based on business need and managerial decision.

Specialist advisor support may include a home visit where issues raised through the self- assessment process indicates potentially significant safety issues.

### **Workstations within Daemon fire & security Ltd premises:**

All workstations, shared desks and hot desks in Daemon fire & security Ltd premises will be established in accord with the requirements of the schedule to the Regulations, the requirements are features that should be found in a workstation, such as separate screens and keyboards, adjustable chairs and suitable lighting.

The workstations can then be adjusted by the individual users to meet their needs, to enable Daemon fire & security Ltd to comply with the requirements of the schedule, all new workstations must be brought to the attention of the office manager or the H&S adviser before they are established.

### **Risk assessment:**

The DSE User makes an initial assessment of their workstation with their manager, this is carried out using the Display Screen Equipment and Portable Equipment Checklist (Appendix 1).





Once completed the DSE User is to review the checklist with their Line Manager and seek additional support from specialists if required Specialist advisers will have the ability to;

- Identify hazards (including less obvious ones) and assess risks from the workstation and the kind of DSE work being done; for example, by reviewing one completed by the worker
- Draw upon additional sources of information on risk as appropriate
- Draw valid and reliable conclusions from assessments and identify steps to reduce risks
- Make a clear record of the assessment and communicate the findings to those who need to take appropriate action, and to the worker concerned
- Recognise their own limitations as to assessment so that further expertise can be called on if necessary

Risk assessment may highlight areas, which require corrective action to reduce risks, the responsible manager will agree what action will be taken and record this on the risk assessment form (see Appendix 1).

The manager is to ensure that any action plans recommended by the specialist advisor is carried out.

### Risk assessment reviews:

The Risk Assessment must be carried out and/ or reviewed, when any of the following occur:

- A major change to, or replacement of software used
- A change to, or replacement of the hardware (screen, keyboard, etc.)
- A change in, or replacement of workstation furniture
- An increase in the amount of time spent in using the equipment
- A change in the task
- If the workstation is moved
- If the environment is changed, i.e., building modification or alteration
- If a person or user highlights a problem, or an episode of ill health occurs

***If none of these applies, then periodically reviewed every 2 years.***





## Rest breaks:

The user, in discussion with their manager should organise their work pattern to ensure that they do not spend excessive periods working continually on display screen equipment duties without any forms of break.

Breaks do not need to be non-productive; time should be visually away from the display screen, Daemon fire & security Ltd, acknowledges the HSE suggestion that:

*“periods of work between breaks should be at least 50 minutes but not greater than 120 minutes and that breaks should be between 12 and 15-minutes duration”.*

However, breaks or changes of activity are particularly important for mobile working users not working at a docking station.

Portable users may require longer breaks or changes of activity to compensate for poorer working environments which can impact particularly on posture.

## Working with portable DSE:

Working with portable DSE, namely laptop computers, during prolonged use is subject to the DSE Regulations. Docking stations or alternatives are provided to be used in Daemon fire & security Ltd, premises as these will assist in avoiding many of the ergonomic risks with portable DSE.

The risks that are associated with portable DSE are different to those of a desktop computer, these can be attributable to the size, design and function of the hardware, for example, keyboards are smaller and there is normally a lack of keyboard or screen separation making it more difficult to operate the keys or to achieve a comfortable working posture.

A more vigorous and reinforced attitude to taking regular breaks and / or changes of activity for portable users not working at docking stations is essential and must be adhered to when using portable DSE.

If in use at a workstation location without docking it is not acceptable for prolonged use, greater than 1 hour, without being docked.

Portable DSE is also used in a wider range of environments which are poorly suited to DSE work, cramped or non-adjustable workplaces, it is therefore important that users



of such equipment are given advice from their respective line managers and emphasised that usage must be restricted to less than 20 minutes.

It is however, not recommended to use laptops in vehicles for ergonomic and security reasons.

### **Smartphones / PDAs:**

Smartphones do not need a DSE self-assessment unless used habitually for prolonged periods at work, they are of a small design which can place strain on the thumbs if used frequently for prolonged periods of time.

Users should follow these basic rules to minimise the risks

- Don't use for extended periods of time
- Don't use when a fixed computer workstation or landline phone is available
- Don't use when driving
- Keep messages as short as possible

### **Space requirements:**

There must be adequate space (on desk and around person) to permit postural changes, this includes thighs, knees, lower leg and feet.

The following is guidance is taken from BSEN ISO 9241-5 for the work desk and surface:

- Floor to top clearance 705mm - 735mm
- Floor to thigh clearance min 650mm
- Kneehole depth min 600mm
- Kneehole width min 600mm
- Desk Depth 600mm + depth of monitor

The work surface of a desk should be large enough and flexible to accommodate all equipment and paperwork in an arrangement acceptable to the user i.e. visual display unit, keyboard, documents and other related equipment.

### **Eyesight examination and tests (Daemon fire & security Ltd employees only):**

Employees who are regular DSE users are entitled but not obliged to undergo, an appropriate eyesight test that Daemon fire & security Ltd, will pay for, all such tests must be arranged through the user's line manager.





They will issue the user with an eye and eyesight request form (Appendix 2).

These tests are specifically for 'users' of DSE at the typical screen reading distance and include an eye examination and are undertaken by an optometrist or doctor (They are not a full eye test).

Repeat testing will be provided at a frequency specified by the optometrist at the first Examination, early repeat testing may be provided where the employee's medical advisor has reason to believe that they have visual difficulties that have arisen from the use of DSE.

Where an employee experiences visual difficulty and has reason to believe that It may be caused by work with DSE they will be offered an eye and eyesight test and all agreed costs of eyesight tests will be met, provided that the testing has been arranged in accordance with the procedure.

The user must return the completed eye and eyesight request form to the issuing line manager after the eye and eyesight test has been completed and the cost of the eye and eyesight test will be covered by Daemon fire & security Ltd.

### **Provision of corrective appliances (employees only):**

Where an employee (user) has undergone an eye and eyesight test facilitated by Daemon fire & security Ltd, in accordance with this policy and the outcome of the test recommends that the user needs corrective appliances when using DSE Daemon fire & security Ltd will meet the recommendations of the optician by providing free of charge a pair of glasses that can be described as:

- Single vision lens and basic frame

The employee (user) may wish to purchase frames and lenses above the specification of the basic frame and single vision lens at an additional cost, in these circumstances the employee (user) will be responsible for paying the difference between their choice of frame and lens and the Trust's liability for provision of a single vision lens and basic frame.

Users should wear the spectacles whenever they use their DSE and are personally responsible for the safekeeping of them, these are supplied in accordance with a statutory requirement, in the interests of health and safety.





Should spectacles become damaged, Daemon fire & security Ltd are responsible for repair or replacement, unless deliberate negligence on the part of the employee is indicated.

### **Reimbursement of costs (employees only):**

Reimbursement of costs to the user for the provision of an eye and eyesight test along with any corrective appliances (if recommended) will be by Daemon fire & security Ltd.

Costs will only be reimbursed upon production of:

- The completed an eye and eyesight request form
- A receipt for the eye and eyesight test
- Receipt for the single vision lens and basis frame glasses (where recommended)

### **Records:**

Records of all risk assessments, action plans and reviews will be kept until all the identified risks have been rectified or superseded by a new risk assessment or for a period of four years.

### **Equality and diversity:**

All health and safety related policies undergo a detailed equality analysis screening process which includes validation to assure compliance with the nine protected characteristics of the Equality Act 2010.

### **Further advice and guidance:**

Extensive further advice on working safely with DSE is available through the Health and Safety Executive's (HSE) website:

<http://www.hse.gov.uk/pubns/indg36.pdf>



## Appendix 1

### DSE Assessment:

The following checklist can be used to help you complete a Display Screen Equipment (DSE) risk assessment and comply with:

- Health and Safety (DSE) Regulations 1992 as amended by the Health and Safety (Miscellaneous Amendments) regulations 2002.

The questions and 'Things to consider' in the checklist cover the requirements of the Schedule. If you can answer 'Yes' in the second column against all the questions, having taken account of the 'Things to consider', you are complying.

Work through the checklist, ticking either the 'Yes' or 'No' column against each risk factor:

- 'Yes' answers require no action
- 'No' answers will require investigation and / or remedial action by the workstation assessor
- They should record their decisions in the 'Action to Take' column
- Assessors should check that actions have been implemented and have resolved the problem

<b>SUMMARY OF INFORMATION</b>	
<b>Workstation location:</b>	
<b>User:</b>	
<b>Checklist completed by:</b>	
<b>Assessment checked by:</b>	
<b>Any further action required:</b>	<b>YES / NO</b> <b>Referred to:</b>
<b>Follow up action(s) completed:</b>	





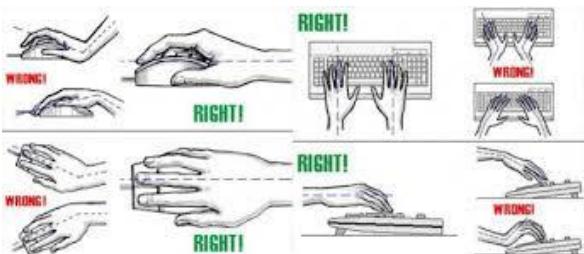
## DSE Risk Assessment:

RISK FACTOR	ANSWER		CONSIDERATIONS	ACTIONS
	YES	NO		
<b>KEYBOARDS</b>				
Is the keyboard separate from the screen?			Is there a need to use a portable keyboard?	
Does the keyboard tilt?			Tilt does not need to be built in.	
Is it possible to find a comfortable position?			Try pushing the display screen further back to create more room for the keyboard, hands and wrists. Users of thick, raised keyboards may need a wrist rest.	



			
<p>Does the user have good keyboard technique?</p>		<p>Training can be used to prevent:</p> <ul style="list-style-type: none"> <li>• Hands bent up at the wrist</li> <li>• Hitting keys too hard</li> <li>• Overstretching fingers</li> </ul>	
RISK FACTOR	ANSWER	CONSIDERATIONS	ACTIONS
<p>Are the characters clear and readable?</p>	<p>YES</p>	<p>Keyboards should be kept clean. If characters still can't be read, the keyboard may need modifying or replacing. Use a keyboard with a matt finish to reduce glare and/or reflection.</p>	



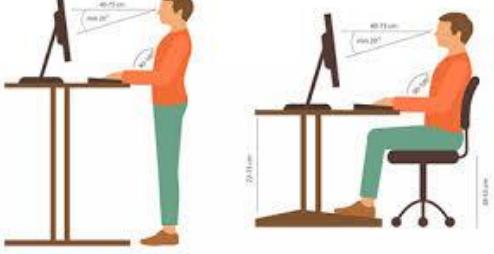
MOUSE, TRACK BALL ETC.				
RISK FACTOR		ANSWER	CONSIDERATIONS	ACTIONS
YES	NO			
Is the device suitable for the tasks it is used for?			If the user is having problems, try a different device. The mouse and trackball are general-purpose devices suitable for many tasks, and available in a variety of shapes and sizes. Alternative devices such as touch screens may be better for some tasks (but can be worse for others).	
Is the device positioned close to the user?			<p>Most devices are best placed as close as possible, e.g. right beside the keyboard.</p> <p>Training may be needed to:</p> <ul style="list-style-type: none"> <li>• Prevent arm over stretching</li> <li>• Encourage users not to leave their hand on the device when it not being used</li> <li>• Encourage a relaxed arm and straight wrist</li> </ul>	

Is there support for the device user's wrist and forearm?			Support can be gained from, for example, the desk surface or arm of a chair. If not, a separate supporting device may help. The user should be able to find a comfortable working position with the device	
Does the device work smoothly at a speed that suits the user?			See if cleaning is required (e.g. of mouse ball and rollers). Check the work surface is suitable. A mouse mat may be needed.	
Can the user easily adjust software settings for speed and accuracy of pointer?			Users may need training in how to adjust device settings.	
<b>DISPLAY SCREEN</b>				
Are the characters clear and readable?			Make sure the screen is clean and cleaning materials are available. Check that the text and background colours work well together.	



Is the text size comfortable to read?		Software settings may need adjusting to change text size.	
Is the image stable, i.e. free of flicker and jitter?		Try using different screen colours to reduce flicker, e.g. darker background and lighter text. If there are still problems, get the set-up checked, e.g. by the equipment supplier.	
Is the screen's specification suitable for its intended use?		For example, intensive graphic work or work requiring fine attention to small details may require large display screens.	
Are the brightness and/or contrast adjustable?		Separate adjustment controls are not essential, provided the user can read the screen easily at all times	
Does the screen swivel and tilt?		Swivel and tilt need not be built in; you can add a swivel and tilt mechanism. <ul style="list-style-type: none"> <li>• However, you may need to</li> </ul>	



		<p>replace the screen if:</p> <ul style="list-style-type: none"> <li>• Swivel/ tilt is absent or unsatisfactory</li> <li>• Work is intensive and/ or The user has problems getting the screen to a comfortable position</li> </ul>	
<p>Is the screen free from glare and reflections?</p>		<p>Use a mirror placed in front of the screen to check where reflections are coming from. You might need to move the screen or even the desk and/or shield the screen from the source of the reflections. Screens that use dark characters on a light background are less prone to glare and reflections.</p>	

Are adjustable window coverings provided and in adequate condition?			Check that blinds work. Blinds with vertical slats can be more suitable than horizontal ones. If these measures do not work, consider anti-glare screen filters as a last resort and seek specialist help.	
RISK FACTOR	ANSWER	CONSIDERATIONS		ACTIONS
YES	NO	SOFTWARE		
Is the software suitable for the task?			Software should help the user carry out the task, minimise stress and be user-friendly. Check users have had appropriate training in using the software. Software should respond quickly and clearly to user	

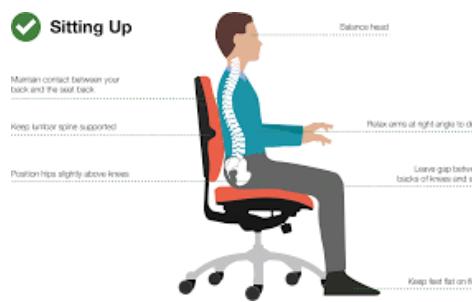


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			input, with adequate feedback, such as clear help messages	
<b>RISK FACTOR</b>	<b>ANSWER</b>		<b>CONSIDERATIONS</b>	
	<b>YES</b>	<b>NO</b>		<b>ACTIONS</b>
<b>FURNITURE</b>				
<p>Is the work surface large enough for all the necessary equipment, papers etc?</p> 			<p>Create more room by moving printers, reference materials etc elsewhere.</p> <p>If necessary, consider providing new power and telecoms sockets, so equipment can be moved.</p> <p>There should be some scope for flexible rearrangement.</p>	
<p>Can the user comfortably reach all the equipment and papers they need to use?</p>			<p>Rearrange equipment, papers etc to bring frequently used things within easy reach.</p> <p>A document holder may be needed, positioned to minimise uncomfortable head and eye movements.</p>	



Are surfaces free from glare and reflection?		Consider mats or blotters to reduce reflections and glare	
Is the chair suitable, chair stable and have a working: <ul style="list-style-type: none"> <li>• Seat Back height and tilt adjustment</li> <li>• Seat height adjustment</li> <li>• Casters and glides</li> </ul>		The chair may need repairing or replacing if the user is uncomfortable, or cannot use the adjustment mechanisms	
Is the chair adjusted correctly? 		<p>The user should be able to carry out their work sitting comfortably. Consider training the user in how to adopt suitable postures while working.</p> <p>The arms of chairs can stop the user getting close enough to use the equipment comfortably.</p>	

			Move any obstructions from under the desk.	
Is the small of the back supported by the chair's backrest?			The user should have a straight back, supported by the chair, with relaxed shoulders.	
Are feet flat on the floor, without too much pressure from the seat on the backs of the legs?			If not, a footrest may be needed.	
Are forearms horizontal and eyes at roughly the same height as the top of the DSE?			Adjust the chair height to get the user's arms in the right position, and then adjust the DSE height, if necessary.	
RISK FACTOR		ANSWER	CONSIDERATIONS	ACTIONS
		YES    NO		



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ENVIRONMENT			
Is there enough room to change position and vary movement?		Space is needed to move, stretch and fidget. Consider reorganising the office layout and check for obstructions. Cables should be tidy and not a trip or snag hazard.	
Is the lighting suitable, e.g. not too bright or too dim to work comfortably?		Users should be able to control light levels, e.g. by adjusting window blinds or light switches. Consider shading or repositioning light sources or providing local lighting, e.g. desk lamps (make sure lights don't cause glare by reflecting off walls or other surfaces).	
Does the air feel comfortable?		DSE and other equipment may dry the air. Circulate fresh air if possible, Plants may help. Consider a humidifier if discomfort is severe.	
Are levels of heat comfortable?		Can heating be better controlled? More ventilation or air conditioning may be required if there is a lot of	



			electronic equipment in the room. Or, can users be moved away from the heat source?	
Are levels of noise comfortable?			Consider moving sources of noise, e.g. printers, away from the user. If not, consider soundproofing.	
<b>OTHER QUESTIONS</b>				
	YES	NO	<b>COMMENTS</b>	
Has the checklist covered all the problems they may have working with their DSE?				
Have they experienced any discomfort or other symptoms, which may attribute to working with DSE?				
Has the User been advised of their entitlement to eye and eyesight testing?				
Does the user take regular breaks, away from DSE?				



## Appendix 2

### DSE Eye Test Form

*Standard referral letter for eye and eyesight test (Employees working with display screen equipment)*

**Name of user:** .....

**Home address:** .....

**Payroll Number:** .....

**Job Title:** .....

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#### **PART A (To be completed by the manager)**

I confirm that the above-named member of staff is classified as a user of display screen equipment, in accordance with the Health and Safety (Display Screen Equipment) regulations and is therefore entitled to an eye and eyesight test.

**Signed:** ..... **Date:** .....

**Print Name:** .....

**Designation:** .....

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#### **PART B (To be completed by the user)**

I confirm that I have been advised of my entitlement to an eye and eyesight test and that I have read and understood Daemon fire & security's display screen equipment guidelines.



I understand that Daemon fire & security's will only be liable for the costs of an eye and eyesight test and the basic cost of any corrective appliances required specifically for display screen work, if I follow the procedure in these guidelines.

I undertake to pay the costs of a sight test and the costs of special corrective appliances and to claim reimbursement for the cost (of the test and basic corrective appliance only) by the submission of this form (fully completed) and receipts.

I consent to the information requested being forwarded to my manager.

**Signed:** ..... **Date:** .....

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**PART C (To be completed by the optician) Report of full sight test:**

I am conversant with the Statement of Good practice of the British College of Optometrists and that the purpose of the eye test is to determine if this user had any defect of sight requiring correction when working specifically with display screen equipment.

**Date of full sight test:** ..... **Cost of Test:** .....

This user Does / Does not\* have a defect in sight which requires correction when working only with display screen equipment.

**My additional recommendations are as follows:**

.....  
.....

I confirm that this employee requires 'specific' corrective spectacles (see below) in order to work with display screen work? YES / NO\*

If "Yes" please specify:

**Details:**

**Cost of Basic Appliance:** ..... **Date of next test:** .....

**Signed:** ..... **Date:** .....

**G.O.C. Number:** .....

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## **PART D (Completed by User and Manager):**

### **Claim for reimbursement:**

I claim reimbursement of the following amounts, and attached receipt(s), proof of payment.

**Cost of Test:** ..... **Cost of Basic Appliance:** .....

**Signed (User):** ..... **Date:** .....

**Signed (Manager):** ..... **Date:** .....



## Appendix 3

## **Inventory and Summary of DSE Assessments;**

## Appendix 4

### Portable handheld devices:

Flexible and Agile workers will increase the usage of portable DSE other than laptops, such handheld devices, tablets, pads, smart phones etc.

These units are likely to present similar risks to those associated with laptops. The smaller size means that the ergonomic limitations of the equipment, their use in unsuitable environments and the risk of theft will all be increased, though manual handling problems will be reduced.

Data entry via a stylus, touch-sensitive screen and handwriting recognition software may be preferable to using an under-sized keyboard, but extended use of these is not recommended (even where battery life permits) as they may present the same opportunities for eyestrain and musculoskeletal problems as any other DSE.

Portable DSE systems as indicated above, in prolonged use, are subject to the regulations, however, some employees may only use such devices intermittently in support of their day to day tasks, and the intensity of use of the portable device may vary as a result.

These tasks should still be considered in the risk assessment process and steps taken to reduce any residual DSE risks, any risk assessment undertaken should at least consider the following regarding prolonged use and situations with such devices; it is recorded and reviewed appropriately by line managers:

- The amount of time spent reading and imputing data kept to a minimum
- Locations and circumstances where these items are used
- Encouraged to use desktop equipment rather than portable equipment if available
- The posture adopted when using portable DSE in certain locations
- Provision of additional equipment to ensure safe usage of DSE
- Suitability of device – Alternative IT may be considered
- Employees must not to use handheld equipment while walking, driving or any other activity that requires a degree of concentration
- Ensure the individual is trained how to use the device and embedded software
- Understand the data security issues with such devices

Managers should ensure that no one habitually uses hand-held equipment for a significant part of their normal work, such equipment has uses in the community, but the bulk of the daily DSE work should be carried out on a desktop computer, or using a laptop with suitable, additional equipment such as a docking station, keyboard, mouse and suitable screen in a controlled environment.