

EC SAFETY SOLUTIONS NEWSLETTER



Topic of the Month – is Display Screen Assessments

June 2024

Welcome:

To the latest edition of the EC Safety Solutions monthly newsletter. In this issue, we look at a critical aspect of workplace safety in ensuring the safety and comfort of employees using Display Screen Equipment, is crucial for preventing health issues and maintaining productivity whilst working safely with Display Screen Equipment (DSE).

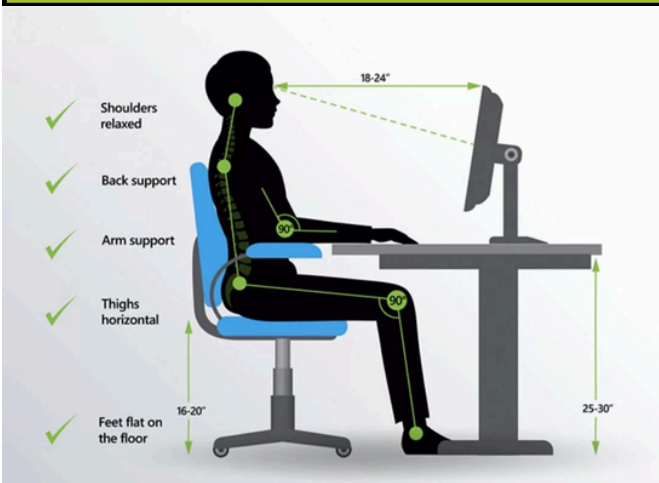
As always, we hope you find this newsletter useful and welcome any feedback you may have. We would also like to encourage readers to actively contribute to the newsletter by providing company updates or by sharing your good news stories or safety initiatives.

Introduction:

With the increasing reliance on computers and screens in the workplace, it's crucial to understand the potential hazards and implement measures to ensure a safe and healthy working environment.

What is Display Screen Equipment?

Display Screen Equipment includes any device or equipment with an alphanumeric or graphic display screen. This encompasses traditional computer monitors, laptops, tablets, smartphones, and even certain medical and industrial equipment.



Potential Hazards of DSE

- **Musculoskeletal Disorders (MSDs):** Prolonged use of DSE can lead to neck, shoulder, back, and arm pain, often due to poor posture or an improperly arranged workstation.
- **Eye Strain:** Staring at screens for long periods can cause eye discomfort, dryness, and headaches.
- **Repetitive Strain Injuries (RSIs):** Continuous repetitive motions, such as typing or using a mouse, can result in conditions like carpal tunnel syndrome.

Workstation assessments:

If workers use display screen equipment (DSE) daily, as part of their normal work, continuously for an hour or more, employers must conduct regular DSE risk assessments which is essential to identify potential hazards and implement corrective measures.

Employers should look at:

- The whole workstation, including equipment, furniture, and work conditions.
- The job being done.
- Any special requirements of a member of staff, for example a user who is pregnant or has a disability.

Where there are risks, they should take steps to reduce them.

Employers must also do an assessment when:

- A new workstation is set up.
- A new user starts work.
- A change is made to an existing workstation or the way it's used.
- Users complain of pain or discomfort.
- A staff member moves desks within the office.



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What can you do to help

- **Speak Up** If you experience any discomfort or notice potential hazards at your workstation, report them to your supervisor immediately.
- **Maintain** a clean and organised workspace. Keep your desk free from unnecessary items that could cause distractions or limit your workspace.
- **Check** your posture, ensure that you are sitting with your back straight, shoulders relaxed, and feet flat on the floor.
- **Break Routine** follow the 20-20-20 rule, every 20 minutes, take a 20-second break to look at something 20 feet away. This helps reduce eye strain and perform simple stretches during breaks to relieve tension in your neck, shoulders, and back.

Tips for Safe DSE Use:

Workstation Setup:

Chair: Use an adjustable chair with proper lumbar support. Adjust the height so feet rest flat on the floor or use a footrest.

Desk: The desk should be at a height where your forearms are parallel to the ground when typing.

Screen: Position the screen at eye level, about an arm's length away, to reduce neck and eye strain.

Posture: Keep your back straight and shoulders relaxed. Adjust your chair and screen to avoid hunching or leaning forward.

Keep elbows close to your body and wrists straight.

Breaks and Exercises: Take short breaks every hour to rest your eyes and stretch your body.

Perform simple stretching exercises to relieve tension in the neck, shoulders, and back.

Lighting and Glare: Position screens to avoid glare from windows or overhead lights. Use adjustable blinds or curtains to control natural light. Adjust screen brightness and contrast for comfortable viewing.



Useful Resources:

- [HSE Display Screen Equipment Checklist](#)
- [HSE Guidance on Display Screen Equipment](#)
- [Working with Display Screen Equipment Regulations](#)
- [Employer guide to working with Display Screen Equipment](#)

Remember all our retained clients also have access to an electronic Workstation Assessment reporting form direct from your company portal.

EC Safety Solutions Updates:

- 56 x Construction site inspections
- 13 x Office compliance audits
- 26 client safety meetings
- 4 x Emergency First Aid Courses
- 5 x Working at Height Awareness Courses
- 1 x IOSH Managing Safety Course
- Numerous Face Fit Tests

Eyes and eyesight testing

The law says employers must arrange an eye test for display screen equipment (DSE) users if they ask for one, and provide glasses if an employee needs them only for DSE use.

In the News

- [Waste management company fined after worker suffers burns to body and face](#)
- [Double glazing company boss avoids jail after worker dies](#)
- [HSE issues MoD \(Army\) with Crown Censure following death of soldier](#)
- [New publication affirms 'Alarming gap' in lithium-ion battery fire risk awareness](#)
- [Legal update: The year ahead for workplace wellbeing](#)

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