DSE risk assessment guidance no

These guidance notes have been writ assessment form. The notes contain in The notes are set out to follow the for document to the other.

Does the user have any health issues

Is the user average height?

Is the lighting sufficient? Is it natural li artificial?

Does it cause glare? Do you have end shade? Does the sun blind you at diff of the day?

Where are you working? In an office velocities of background noise? In or nea manufacturing workshop? On a buildi your car/van?

Is the noise an issue?

Is the general temperature in your wo suitable for you? Is it too hot/cold? Do change during the day?

Do you have portable heaters? Are th adequate?

Does air conditioning dry the air?

Are there enough power sockets for the equipment you use? Are there extens that could cause you or anyone to triph Are trailing leads enclosed in cable gu

how best to go through the DSE ow not to carry out various tasks. n, so you can easily follow from one

to ask the user if they have any that could be exacerbated by articular location or in a particular

the user is important as the desk verage person and somebody very all may not be able to use the

bok at the lighting. Sometimes the room is not adequate for nputer use.

f the sun causes glare at different ay.

cation of the desk or bench etc.
now work from home and their
ingements may not be very good.
while they are on the go, maybe in
on trains.

noisy environment is not just a nent issue, you may need to look rk regulations 2006.

is always very hard to get right for ople. What is comfortable for one, r someone else.

aving air-conditioning can cause is than it cures.

s, there may not be enough hard , which means there will be trailing Itiple sockets. The use of multiple s to be looked at as part of your sment as well as the DSE.

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Is the desk/bench etc the right height Can it be adjusted to suit?

Is it large enough for the work you do monitor be positioned to suit your nee Is there enough room for you to use a mouse/pointer?

Is it deep enough to allow you to rest forearms? See Section 3.

Do you have a 'normal' office chair or specialist type? ie 'saddle' or 'kneeling

Can your chair be adjusted for height. Does it have casters? Is it stable or do when you sit on it?

Does it have built in lumbar support? need lower back support?

Can you place your feet flat on the flo comfortable for you? Do you need to legs/feet raised?

When working, are your wrists and fo supported? Are they raised?

Do your arms/wrists ache after workir period of time?

Can you stop using a screen to rest y and arms or is your job process drive

Do you have a desk lamp to provide t where you need it?

Is it adjustable, suitable for your need

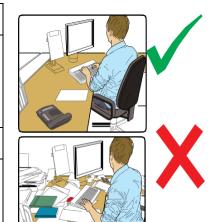
se of one fit all.
Inch of the igh? Old are rarely have

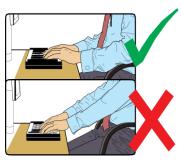
hair do you n chairs will be able to ly have will be height.

th the health people have oblems and support.

r wrists
ed to
cosition of
ative to the
well as the
spending

will need a provide your possibly the side lamp is you need to table angle











Do you have a flat screen monitor? Do you use a laptop or tablet?

Can it be positioned closer/farther aw you as needed?

Can you adjust the tilt to suit your height/eyeline?

Do you have/need an anti-glare filter?

Do you have a standard keyboard or ergonomic 'shaped' one?

When using a desktop monitor, is the screen approximately level with your just below eyes?

Are you able to place your laptop /tab comfortable position?

Are the background colours/ default for suitable for you? Do you know how to them? Are you allowed to change the

Is the screen suitable for the work you doing? Do you need to concentrate or screen for long /short periods of time? Is the screen large enough for the wo hi definition graphics or typing/spread

Is the mouse the right size for your ha

Can it be set up for left/right hand use

Do you use a mat? Do you need one?

Is your mouse wired or Bluetooth? Do wire get in the way?

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al ome ers like

work is the ough?

ny types of market, ent shapes meone computer all day onse.

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