



Ruth Seddon HR

Factsheet 7 - DSE Risk Assessments

Who qualifies?

Anyone using a computer for continuous periods of one hour or more.

What should you do?

1. DSE workstation assessment
2. Make sure people take breaks regularly
3. Provide an eye test if an employee asks for one
4. Provide training and information

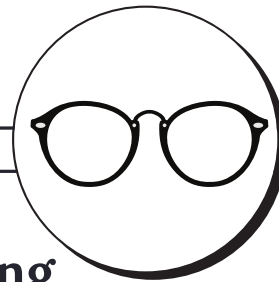
Workstation assessment

- Look at the equipment, furniture and working conditions including how people sit!
- Consider the job being done
- Look at any special circumstances, such as if they have a disability

I do have some example assessment forms for both office and homeworkers, these are on the client part of my website or can be obtained from me.

Eye Tests

- You must provide an eye test at your cost if an employee asks
- You only have to pay for a glasses prescription if it is specifically for computer use at work and certified as such by the optician
- If the prescription is for ordinary glasses or bifocals, you do not have to pay



Training and Information

You should provide training and information to employees, which could include: posture, chair adjustment, desk space, screen adjustment, etc.

Useful Links

<https://www.hse.gov.uk/msd/dse/index.htm#article>

<https://www.hse.gov.uk/pubns/ck1.htm>

<https://www.hse.gov.uk/msd/dse/home-working.htm>

<https://www.hse.gov.uk/pubns/books/126.htm>