

### Case Study Title: Display Screen Equipment Assessments

Background: Client did not have a Display Screen Equipment Process in place which resulted in them not being compliant to the DSE regulations.

The number of people at the organisation were 200. No policy regarding DSE assessments existed.

#### Ergonomic Approach Taken:

- A site visit to discuss the current DSE process, observe the current quality of chairs, desks and screens and postures
- A DSE policy was formed
- DSE champions were identified who attended the DSE assessor training session
- Awareness sessions on posture, ergonomics and set up were run at the site
- A DSE change team was set up
- Support was provided to the DSE champions

#### Images



#### Analysis Methods:

- DSE Assessment checklist
- Workstation assessment checklist
- Ergonomic review of postures
- Videos and literature on posture and set-up

#### Outputs:

- A detailed ergonomic report was compiled outlining the current DSE issues with recommendations on sit stand postures, hot desking and static desking
- Recommendations on better chairs was provided
- DSE policy and action database formed
- DSE training delivered based around the office set up and equipment used by the client

#### Impact

- Compliant with DSE regulations
- Comprehensive DSE process
- Buy in from DSE champions
- End users adopted better postures and set up through awareness
- Reduced risk on injury, discomfort and increased productivity