Portable Display Screen Equipment Guidance

Portable Display Screen Equipment (DSE) such as laptops, tablets and handheld devices are subject to the Display Screen Equipment Regulations if in prolonged use for work purposes. People who habitually use portable DSE should be trained in how to minimise risks, for example by sitting comfortably, angling the screen so it is easy to read and taking frequent breaks.

Wherever possible, portable DSE should be placed on a firm surface at a comfortable height. When portable equipment is in prolonged use at the user’s main place of work, additional steps can be taken to reduce risks, e.g. by using a docking station.

The following guidance should be given to iPad and similar device ‘users’.

Frequent users of handheld devices may be at risk of injury. The main risks include awkward posture of the thumb, repetitive motions, and holding body positions for long periods of time (static postures).

The key to preventing hand, neck and eye strain is to limit the use and duration of the handheld device.”

Maintain good posture for the wrists, thumbs and neck.

Pay attention to your grip and how you are holding your device. Keep wrists upright, straight and reduce continuous gripping.

Use a normal speed of motion. Try not to rush and type fast.

Alternate between using the thumb, index finger and a stylus, if available.

Take regular breaks, stretch, and avoid typing for more than three minutes at a time. Keep text messages short.

Investigate the use of devices that reduce grip forces, like a tablet holder or external keyboard.

Return only urgent emails and use key shortcuts (cut, paste, etc.) and abbreviations.

When choosing a device consider its weight, size and how it ‘fits’ in your hand.

Stop if it hurts and learn to recognize overuse aches and pains.

For further advice and guidance please complete the DSE assessment at the following link or contact the Health Safety & Environment Office. http://www.learninglink.ac.uk/keepfit/index.htm

Health Safety & Environment Office
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