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Poor DSE use or workstation layout can lead to:

Musculoskeletal Disorders (MSDs)

Aches and pains in hands, wrists, arms, neck, shoulders or back after long periods of DSE work. Usually temporary but can lead to chronic soft tissue disorders.

Symptoms:

- discomfort
- soreness/stiffness
- pain
- swelling
- numbness/tingling
- functional disability

Eye fatigue

DSE use does not cause permanent eye/eyesight damage, but can lead to:

- discomfort or tired, red or sore eyes
- headache or migraine
- temporary eye strain

Take regular breaks and momentarily look away from intensive DSE work every five minutes or so to relax the eyes.

Stress

Caused by high work rates or deadline pressures. Pace yourself and take regular breaks.

Software-induced stress

Working with unfamiliar software can cause anxiety. University DTS IT Help and Support Services run courses on commonly used software

Using a mouse

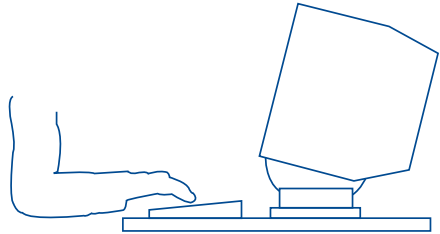
Position the mouse to keep wrists straight without over stretching the arm.

Don't grip too tightly or press too hard.

Avoid placing h

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Setting up your workstation



Ideal seated position for DSE work

- 1** Seat back adjustable.
- 2** Good lumbar support for lower back
- 3** Seat height adjustable.
- 4** No excess pressure from seat on underside of thighs and backs of knees.
- 5** Foot support if needed.
- 6** Room for feet under desk – no obstacles.
- 7** Forearms approximately horizontal.
- 8** Minimal bending of wrists.
- 9** Screen height and angle to allow comfortable head position, with neck straight.
- 10** Space in front of keyboard to support hands/wrists during pauses in typing.

