

Display Screen Equipment (DSE)

STCSSI 18

Incorrect use of DSE or poorly designed workstations or work environments can lead to pain in the neck, shoulders, back, arms, wrists and hands as well as contributing to fatigue, headaches and eye strain.

What is DSE?

DSE refers to any alphanumeric or graphic display screen, regardless of the display process involved. It covers PCs, laptops, tablets and smartphones as well as other methods of displaying data, such as cash registers and CCTV screens.

Am I a DSE User?

If you use DSE as a significant part of your normal work then it is likely you are a DSE User. We define this as 'individuals who use DSE daily, for **continuous periods** of an hour or more'. Use the table provided on this page to determine if you are a DSE User.

Question	Answer	Answer Score	Your Score
1. If necessary, could you adequately complete your daily tasks, without using DSE?	Yes	0	
	No	3	
2. On an average day, what is the maximum length of time you would continuously use DSE, without having a break or doing something else?	0 – 1 hour	0	
	1 – 2 hours	3	
	2 – 3 hours	4	
	3 + hours	5	
3. On average, how many days a week would you use DSE continually for a period of one hour or more?	1 day	1	
	2 days	2	
	3 days	3	
	4 days	4	
	5 + days	5	
Your Score			

If your total score is less than 7 you are not a defined DSE User.

If your total score is 7 or higher you are a defined DSE User and you must complete the relevant online DSE Training and Risk Assessment which can be found on the HSE web page.

