

DSE Hazards

There are a number of hazards associated with the use of display screen equipment and workstations. Some DSE specific hazards are listed below.



Display Screen Hazards:

- Incorrect height and tilt of the monitor
- Font size is too small
- Glare or reflections from windows and light sources
- Screen flickering



Keyboard & Mouse Hazards:

- Obstacles in the way of the keyboard and mouse
- Glare from reflective keyboard surfaces
- A fixed position keyboard
- Distance to the keyboard and mouse
- Repetitive typing

Workspace/ desk Hazards:

- Insufficient space on the work desk
- Items stored under the desk
- Desk height is too high or too low

Chair Hazards

- Unable to adjust the height
- Unable to adjust the chair back height and tilt
- Unstable footing

Environmental Hazards

- The lighting in the work area is too bright or too dark
 - Reflections and glare from windows or lighting sources
 - The work area is too hot or too cold
 - The work area or work equipment is noisy
-

These hazards can lead to:

- upper body muscle pain
- lower body muscle pain
- cramping of the limbs
- eye-strain
- headaches
- earaches
- discomfort
- heat or cold stress
- mental stress

In the next section you will be given tips to control these hazards.