



Display Screen Equipment

- Examine the layout of computer workstations
- Consult with the person working at the workstation
- Identify potential problems with the workstation.
Examples include:
 - Seating is not adjustable
 - Monitor set too high
 - Lighting is not adequate
- Make the necessary improvements to the workstation
- Staff should avail of eye and eye sight test
- Do not sit in the same position for long periods, change posture as often as possible
- Plan your work to alternate from work on a computer to other work such as phonecalls, meetings, etc.
- Laptop users need to consider what improvements to make when working
- Be aware of your posture



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