



# DSE Workstation Assessment

Level 1

OFFICIAL



Please note, this is a user-centred assessment designed to improve the comfort of the individual, but it does not cover all of the DSE regulations. A Display Screen Equipment compliant assessment covers all of the risks you must consider to comply with the [Health and Safety \(Display Screen Equipment\) Regulations 1992](#).

The following report and recommendations are based upon observation of, and information provided by the user of the workstation during the assessment. Any recommendations are made in an attempt to provide them with a greater level of comfort while they are working at their workstation. This document contains personal and potentially special category information as defined by The Data Protection Act 2018.

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## Client information

<b>Company</b>	Blank look Site
<b>Account number</b>	ABB61
<b>Report to be sent to</b>	
<b>Person being assessed</b>	Mr Big
<b>Address for assessment</b>	Usbourne House 83 Safron Hill London EC1N 8RT
<b>Contact telephone number</b>	

## Assessment information

<b>Posturite assessor</b>	Chris Jones
<b>Assessment date</b>	

Reported location of pain or discomfort

loc pain

When is the reported pain or discomfort present?

whan pain

What was reported to make the pain or discomfort worse?

pain worse

All observations relate to the observed situation during the assessment.

## Workstation observations

Overall observed posture of the person

posture

## Desk

Observed desk and suitability

- Suitable
- Not suitable

desk

## Monitor

Observed monitor(s) and position

- Suitable
- Not suitable

monitor

## Keyboard

Observed keyboard and position

- Suitable
- Not suitable

keyboard

## Mouse or pointing device

Observed mouse and position

- Suitable
- Not suitable

mouse

## Phone

Observed phone and position

- Suitable
- Not suitable
- N/A

phone

## Headset

Observed headset and suitability

- Suitable
- Not suitable
- N/A

headset

## Paper based documents

Observed documents and position

- Suitable
- Not suitable
- N/A

doc

## Footrest

Observed footrest and position

- Suitable
- Not suitable
- N/A

foot

## Chair

Functions, setup and suitability

- Suitable
- Not suitable

chair

## Other relevant information

other

## Changes made during the assessment

changes

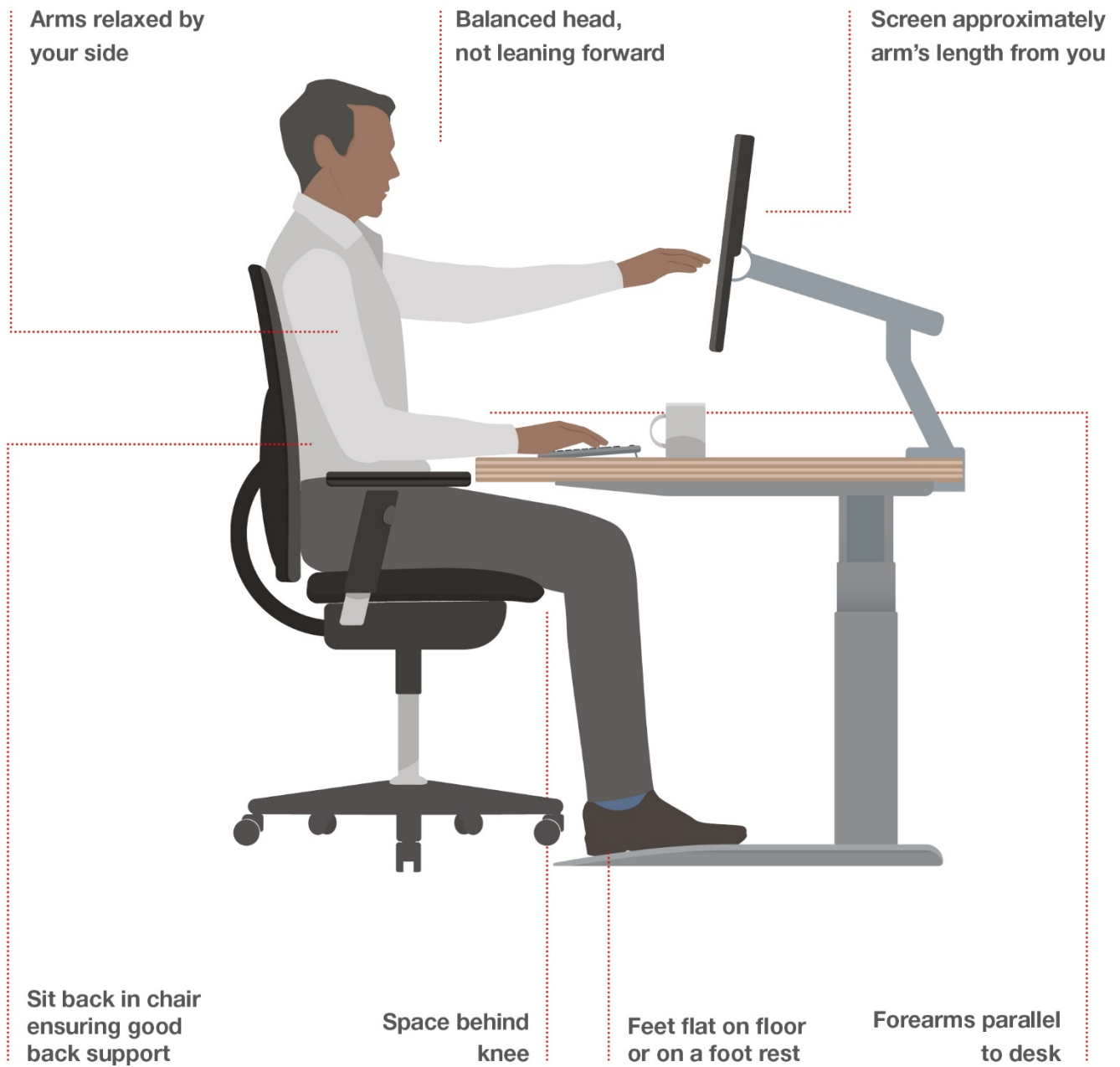
## Recommendations

In most cases our recommendations will involve making adjustments to equipment the user already has. We only make product recommendations when we feel any existing equipment is inadequate or contributing to the user's discomfort.

Recommendation	Justification
rec1	jus1
rec2	jus2
rec3	jus3
rec4	jus4
rec5	jus5

## DSE Helpful hints

For your perfect workstation setup



Always remember to move throughout your working day to promote good health.