

DSE Workstation Assessment

Level 2

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.

Client information

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

Assessment information

Posturite assessor	Chris Jones
Assessment date	

Working routine/techniques

Job title	title
Full-time/part-time	Full time
Height	09 cm
Typical working routine	work routine
Does the user work in multiple locations	Yes
Percentage of computer work per day	perc
Keyboard to mouse ratio	key mouse
Touch typist	Yes
Right or Left Handed	Left Handed
Telephone usage	tel
Does the employee use paper documents	paper
Movement breaks	move
Lunch breaks	lunch

Reported issues

musc

Areas of pain or discomfort

Head Upper Back Lower Arm/Hand (Left)

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

key

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

head

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

Chair type

RH Logic 400

Function	Suitable	Comment
Seat height	Yes	height
Seat depth	Yes	depth
Seat angle	Yes	angle
Backrest height	Yes	height
Backrest angle	Yes	angle
Lumbar support	Yes	lumbar
Armrest position	Yes	arms
Headrest position	Yes	head

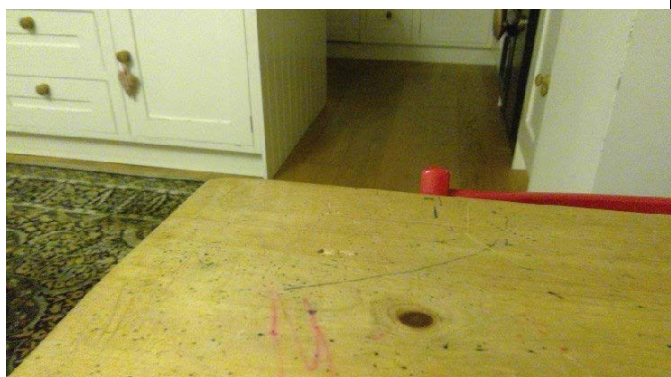
Other relevant information

rel

Changes made during the assessment

chan

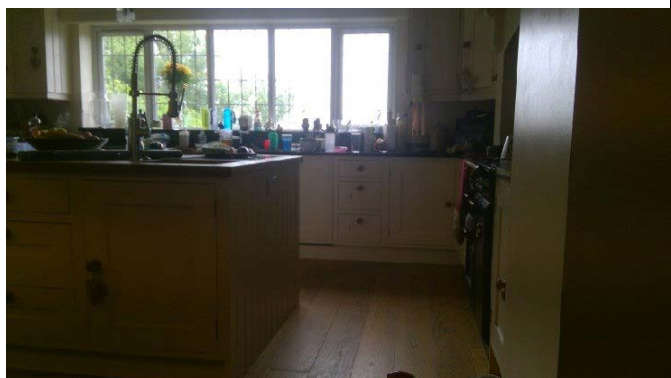
Workstation photographs



Whole workstation in view : 29/05/2018 21:59:45



Whole workstation in view : 08/06/2018 10:17:43



Side on at desk level : 30/05/2018 12:23:46



Behind user at eye height : 31/07/2018 10:52:43

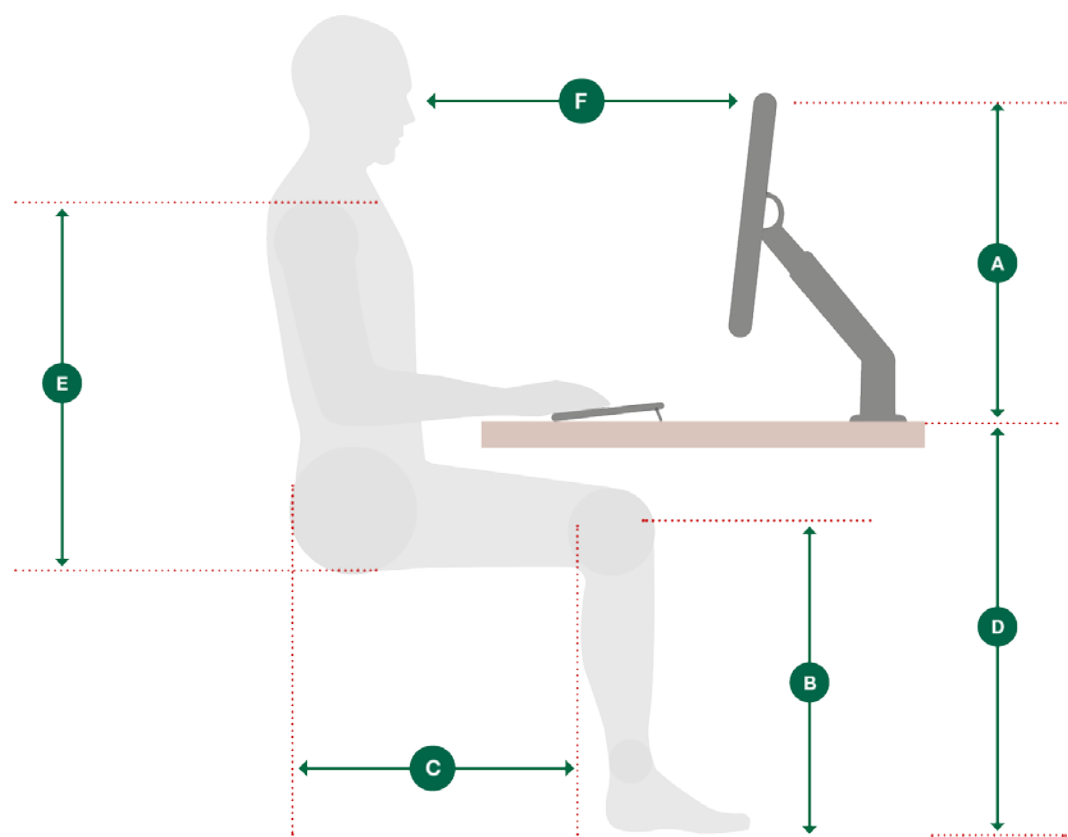


Side on at desk level : 31/07/2018 10:52:36



Side on at desk level : 05/06/2018 12:47:56

Measurements



A	Desk to top of screen	1 mm	D	Floor to desk	4 mm
B	Floor to knee joint	2 mm	E	Seat to shoulder	6 mm
C	Back of buttocks to back of knee	3 mm	F	Eye to screen	5 mm
These measurements were taken after any changes were made to the workstation					

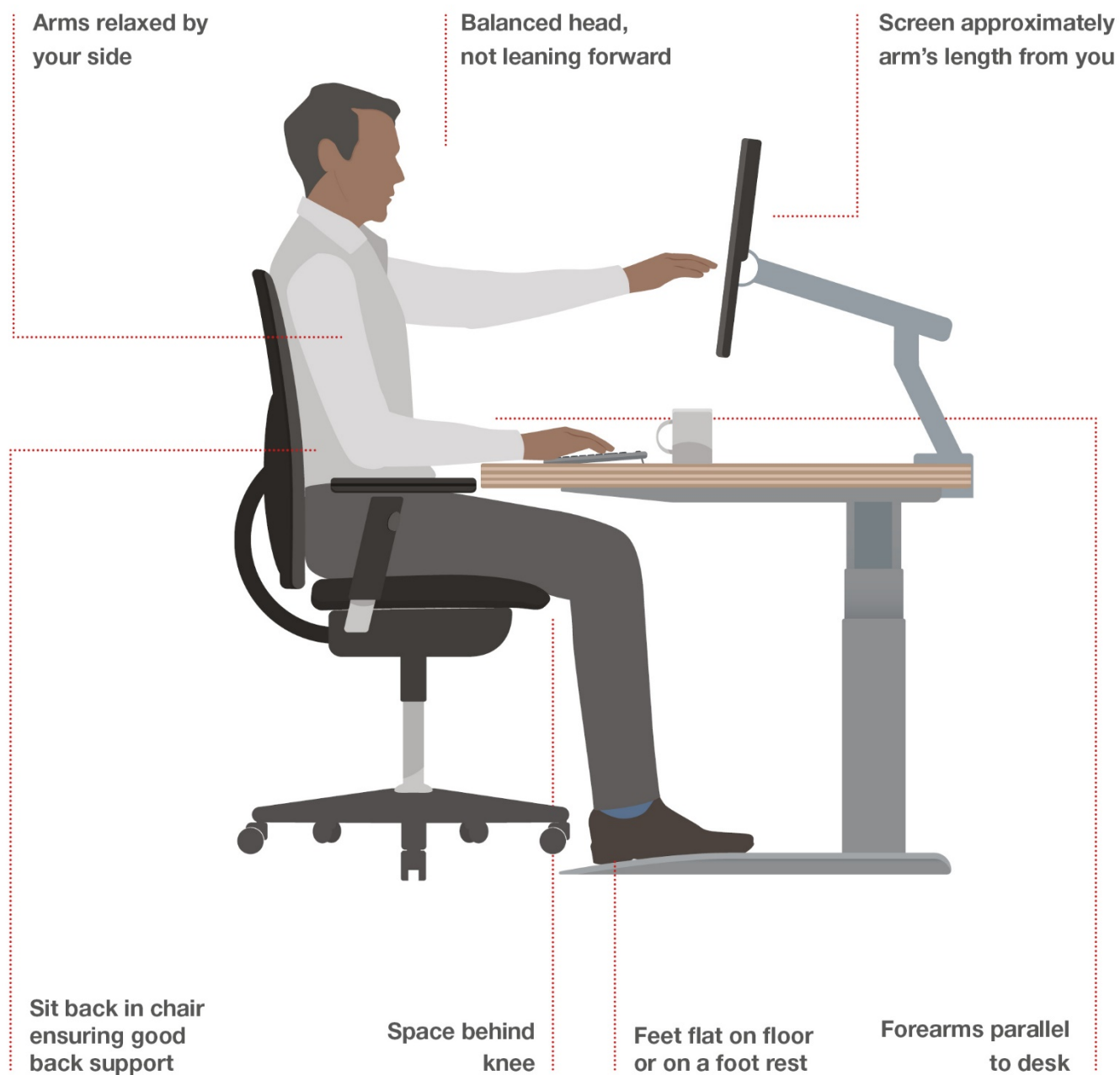
Recommendations

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.