

Briefing Note: Health, safety and wellbeing guidance – home working with display screen equipment (DSE).

There are currently many credible sources of advice to be found on the health, safety and wellbeing impact from temporary homeworking as we respond to the covid-19 pandemic, including in relation to the use of computers, laptops, and other display screen equipment (DSE). This briefing note provides the key messages from this guidance, and also links to gain access to further detail.

Health and Safety Executive (HSE) guidance.

The HSE provide advice on how to be [protected at home](#), including that there is no increased risk from DSE work for those working at home temporarily. They provide a [practical checklist](#) which provides workers with advice on how to complete a basic DSE self-assessment at home. The simple steps HSE propose to reduce risks from DSE are;

- breaking up long spells of DSE work with rest breaks (at least 5 minutes every hour) or changes in activity
- avoiding awkward, static postures by regularly changing position
- getting up and moving or doing stretching exercises
- avoiding eye fatigue by changing focus or blinking from time to time

DSE equipment needs.

We know that some staff have been able to take their University laptops, screens, and keyboards home, and that others are using personal laptops and desktops. This equipment should be set up in as closely as possible to how your office workstation is set up.

Regarding larger items of furniture (ergonomic chairs, height adjustable desks), it hasn't been practical for this to be provided to the same extent they are in your university office. If you have an office-type chair in your home this should be able to be set up as you would do at work. If you don't have such a chair, choose the most comfortable chair available to you, and follow the HSE advice which is to experiment with cushions to achieve comfort. The following HSE [video](#) shows how to set up DSE at home. Further [videos](#) have been posted [here](#) and [here](#) to show how you can make improvements to a temporary home workstation.

Agile working DSE guidance

The graphic to the right has been taken from guidance published by Vita health group on agile working with DSE. Follow the [link](#) to see the full document.

Further information is available on the Workplace Wellbeing intranet pages [here](#).

