

WORKSTATION / DISPLAY SCREEN EQUIPMENT (DSE) ASSESSMENTS



Display Screen Equipment (DSE) is often referred to as Visual Display Units (VDU) or Computer workstations and includes laptops, tablets and other similar devices that incorporate a display screen. Any computer-related piece of equipment including the computer, display, keyboard, mouse, desk and chair can be considered part of the DSE. With the average desk worker spending up to nine hours of their day at their workstation it is vital that the arrangement and set up of equipment is appropriate for the user.

Employees who regularly use computer equipment often report discomfort in the neck, shoulder, back or arms and may also be prone to eye strain or fatigue. The development of these symptoms invariably leads to reduced productivity in the workplace. Whilst these disorders do not indicate any serious ill health it is always good practice to ensure that the working environment is as ergonomically satisfactory as possible. Businesses should also be mindful of the health and safety regulations requiring them to protect the health of people who work with DSE.

At Physiotherapy Matters we offer a full package of training, assessment and advisory services that help employers to address DSE issues and comply with legal obligations. We can train your DSE assessors and employees on ergonomic principles, optimal postures, and working practices. We can also assess workstations and other work areas to identify problems, and recommend affordable remedial actions that will help to make employees more comfortable and productive at work.

Our range of services include:

- Standard DSE Assessments
- Advanced Musculoskeletal DSE & Workplace Assessment
- DSE Multi User Assessment & Report
- DSE User Training
- DSE Assessor Training

What our clients say:

“I found the assessment to be extremely thorough. The advice I was given has helped greatly and my symptoms are noticeably reduced at work.”

DSE User
Association of Educational Psychologists

“Thank you for your assistance and excellent customer service when delivering the recent DSE assessments to our staff. I have been very impressed from start to finish and I will happily recommend Physiotherapy Matters to others.”

Samantha Elliott
Operations and Business Development Manager
CobaltThreeOne

DRIVER ASSESSMENTS - DRIVE CLEAR OF PAIN

Professional and commercial drivers can experience a range of musculoskeletal problems including back, neck, shoulder and leg pain. Those who drive cars as part of their job - for example, sales people - are at particular risk. For those driving more than 20 hours per week the risk is significantly increased.

Furthermore, the car is increasingly being used as a mobile office with calls and emails being sent from mobile devices which has associated health risks. Research from Loughborough University (2003) revealed that within a group of business drivers, 65% reported low back trouble, 43% neck trouble and 40% shoulder trouble. For the low cost of ensuring your drivers are comfortable in their vehicle, significant cost savings can be made by avoiding absence and potentially increasing productivity.

A full driver assessment will include:

- A driver interview detailing time spent in the vehicle and typical daily/weekly mileage
- A vehicle checklist which helps evaluate features of the car and seat design
- Mapping of any current musculoskeletal symptoms
- Working from the car: what additional work is done from their vehicle. e.g. manual handling, laptop use and paperwork
- Lifestyle - drivers will be asked about lifestyle factors, e.g. physical activity, smoking

This information combined with a detailed assessment of anthropometry, driver posture and seat design will identify drivers who would benefit from amendments to their vehicle design plus any further intervention to optimise their health.

A number of adjustments may be required to any of the following:

- Steering wheel position
- Seat height
- Cushion tilt
- Back rest
- Lumbar adjustment
- Seat position

With every car assessment the driver will be given specific advice on how to prevent fatigue at the wheel and exercises to perform in their breaks on the road.



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Comprehensive Physiotherapy Service

Clinics in Gosforth, Newcastle City Centre & Darras Hall, Ponteland

For more information about how we can help you and your employees, please contact us:

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Opening Times

Mon, Wed, Fri 8:30am - 5:30pm

Tues & Thurs 8:30am - 7:30pm

Saturday 8:30am - 1:30pm

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