

Display Screen Equipment (DSE) Self-Assessment Form &

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* Display Screen Equipment (DSE) assessments are a requirement of Health and Safety legislation. This form must be completed annually.

Each member of staff that uses a computer more than one hour a day must complete this form by April 30th each year.

DSE Poster available here

1. Name *

Enter your answer

2. Location *

Enter your answer

3. Email address *

Enter your answer

4. Usage - Do you use a computer for more th			
Yes	Go to	5. Display Screen - Is the screen easy to read?	\sim
No No	Go to	End of the form	~
5. Display Screen - Is the screen easy to read?			
Yes			
No			
6. Display Screen - Does the screen swivel and til	lt easily a	and freely to suit your needs?	
Yes			
No			
7. Display Screen - Is the screen free from reflect	ive glare	?	
Yes			
No			
8. Display Screen - Are windows fitted with cur	tains or	blinds?	
Ves			
No			
9. Display Screen - Is the screen free from refle	ections t	hat are likely to cause discomfort?	
O Yes			
No No			

10. Display Screen - Is the keyboard comfortable to use?

YesNo

- 11. Display Screen Is space in front of the keyboard sufficient to provide support to hands and arms?
 - Yes
 - 🔵 No
- 12. Desk Is the work surface large enough for flexible arrangement of screen, keyboard, documents and other equipment (printer etc)?

Yes

🔵 No

- 13. Desk Do you have a document holder?
 - Yes
 - 🔵 No

14. Desk - Is there sufficient space to allow a comfortable working position?

- Yes
- 🔵 No

15. Chair - Does your chair have five legs and castors?

Yes

🔵 No

16. Chair - Are you able to adjust the chair's ...

... height?
... tilt:
... backrest?

17. Chair - Can you place both feet on the floor from the sitting position?

- Yes
- 🔵 No

18. Environment - Do room lighting and / or desk lamps provide satisfactory illumination?

- Yes
- 🔵 No

19. Environment - Is contrast between screen and lighting acceptable?

- 🔵 Yes
- 🔵 No

20. Environment - Is ambient noise distracting?

Yes

🔵 No

21. Environment - Is normal speech disturbed by noise?

🔵 Yes

🔵 No

22. Environment - Does anything produce unacceptable or uncomfortable levels of heat?

Yes

🔵 No

23. Environment - Is the humidity level acceptable?

Yes

🔵 No

24. Comments

Enter your answer

Add Branching

You can "Add Branching" if you want to skip over certain questions which are not applicable. We have only used one Branch in the DSE form about whether the person uses a computer for more than one hour a day. If they only use a computer occasionally then it sends them to the end of the form to submit; this means we can see that EVERYONE has completed the form whether they use a computer or not.

	D	Ē	\uparrow	\downarrow
4. Usage - Do you use a computer for more than an hour each day?				
Suggested options: Add all Maybe				
🦳 Yes				
No				
+ Add option Add "Other" option				
Multiple answer	rs 🗨	D Red	quired	.
Multiple answe	rs 🗨	D Red	quired	Shuffle c
Multiple answer Add new	rs 🧲	D Red	quired	
	rs	D Red	quired	Shuffle o

Which gives you this:

4. Usage - Do you use a computer for more th			
Yes	Go to	5. Display Screen - Is the screen easy to read?	~
No	Go to	End of the form	~