

## Health & Safety Policy

### Summary – Display Screen Equipment

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For more information download the [“computers and other hand held devices”](#) guide (under DSE)

The Health and Safety (Display Screen Equipment) Regulations aim to protect the health of people who work with display screen equipment.

DSE includes: computer workstations, laptops, touch-screens and other similar devices that incorporate a display screen.

Prolonged working with computers and other devices can be associated with neck, shoulder, back or arm pain, as well as fatigue and eyestrain. These aches and pains are sometimes called upper limb disorders. The hazards associated with DSE workstations must therefore be properly assessed to that they are adequately equipped and adjustable to suit the user’s needs.

The “computers and other hand held devices” guide covers:

- DSE Regulations
- University policy and procedures (including eLearning and specialist ergonomic equipment)
- Management responsibilities
- Tips for what the user can do to make sitting at a computer for long periods more comfortable
- Eyesight
- Hot-desking
- Working at home
- Pregnancy
- New technology (laptops, tablets, smartphones)
- Stretching exercises
- Links to external websites for further information



#### Further information and related links

Edinburgh Napier University [“computers and other hand held devices”](#) guide (under DSE)

[Letter for optician](#)