

## Display screen equipment assessments

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Fully integrated DSE assessments that are compliant with the regulations can be undertaken for single individuals, for small groups in the same office or whole sites.

- On site evaluation includes posture and seating, keying position, monitor height and distance, control of glare and reflection, lighting and alignment of equipment.
- Training and advice on good posture and workstation layout will be given
- Any changes that can be made immediately will occur at the time of the visit
- User's are left with a short booklet outlining good workstation set up
- A written report is provided that includes recommendations

### Available as two options:

#### Condensed DSE Assessment

Cost and time effective, ideal for large groups on a preventative basis, this on-site workstation assessment is conducted with the user at their workstation. Any recommendations that need to be implemented will be outlined in a short report. Average time per end user 20 – 30 minutes.

#### Comprehensive DSE Assessment

Recommended for early intervention, individual users will be interviewed on-site prior to the assessment taking place. This will provide detailed information on any aches/pain or discomfort felt by the user from any aspect of their workplace covering both physical and psychological issues. The workstation assessment will then be conducted with the user at their workstation. Photographs and measurements of the workstation will be taken where necessary. Findings from the interview and workstation assessment will be outlined in a detailed report with information about suitable equipment where possible. Average time per end user 45 minutes – 1 hour.

## Workplace evaluations

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To improve existing work environments by identifying physical and psychological issues and their sources and ensure application of ergonomics to new work environments. Can be tailored for industrial workplaces as well as offices.

### Holistic approach

- Includes worker, occupational health questionnaires covering physical and psychological issues
- Observation of typical postures adopted
- Use of postural tools where necessary
- Workstation measurements taken and compared with regulations and standards
- Detailed report to help identify areas that need attention and recommendations

## End user & assessor training

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To get the greatest benefits from seating and workstations they need to be used and adjusted properly. Suitable and detailed training can therefore be produced for various targeted audiences.

- Training can be tailored to the organisation's requirements
- Short posture workshops help alert staff to the dangers of DSE work and offers advice.
- Training can be provided to on-site health and safety or DSE personnel
- 2 day DSE assessors course available

## Bespoke consultancy & research

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We understand that some ergonomics issues need a tailored bespoke approach according to the organisation's requirements. We are happy to discuss any problems and put together proposals for more complex consultancy or research. Active Ergonomics is a consultancy that thrives on good quality ergonomics research. We are happy to be part of multidisciplinary teams to represent the ergonomics/human factors perspective in research and consultancy projects.

Need more information? Call or email us for a free consultation  
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