



Display Screen Equipment (DSE)

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Do you use display screen equipment (DSE) or a visual display unit (VDU)?

Computer workstations or equipment can be associated with neck, shoulder, back or arm pains, fatigue and

These aches and pains are sometimes called upper limb disorders (ULDs) or repetitive strain injuries (RSI) following good practice.

Display screen equipment (DSE) is any work equipment having a screen that displays information. Typical examples are computer screens often called monitors or VDUs.

Surveys have found that high proportions of DSE workers report aches, pains or eye discomfort. Mostly these conditions do not indicate any serious ill health, but it makes sense to avoid them as far as possible.

The *Health and Safety (Display Screen Equipment) Regulations* aim to protect the health of people who work with DSE. That does not mean that DSE work is risky – it isn't, if the user follows good practice like setting up their workstation well and taking breaks in intensive work.

The Regulations were introduced because DSE has become one of the commonest kinds of work equipment. So there is potential to make work more comfortable and productive for very large numbers of people by taking a few simple precautions.

Clearing snow and ice from pavements yourself

There's no law stopping you from clearing snow and ice on the pavement outside your home or from public spaces. It's unlikely you'll be sued or held legally responsible for any injuries on the path if you have cleared it carefully. Follow the snow code when clearing snow and ice safely at— http://www.direct.gov.uk/en/NII/Newsroom/DG_191868

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ABC Health and Safety Ltd are now Registered to run the following courses. Spaces are limited so please contact us as soon as possible:

- **IOSH Managing Safely**

Next course:

8th/9th December 2010

Continued 15th/16th December 2010

- **IOSH Working Safely**

Next course

TBA

- **IOSH Managing Environmental Responsibilities**

Next course

TBA

- **NVQ Level 3 and 4 in Occupational Health and Safety**

If you would like any more information about any of the above

For other course dates for the rest of the year, please contact ABC on 01304 206228 or email on info@abchsltd.co.uk