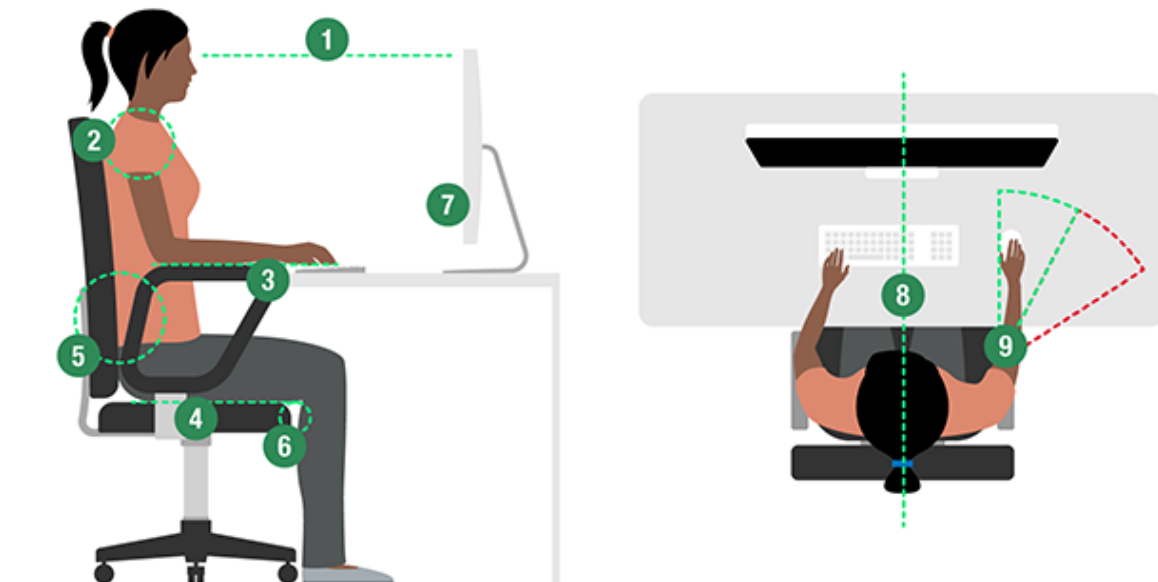


Good posture when using display screen equipment

Employers must provide health and safety [training and information for display screen equipment \(DSE\) users](#). Training should include guidance on good posture when working with DSE.

This page will help employers and workers to understand what good posture looks like when using display screen equipment at home or in the workplace.

Standard workstation setup

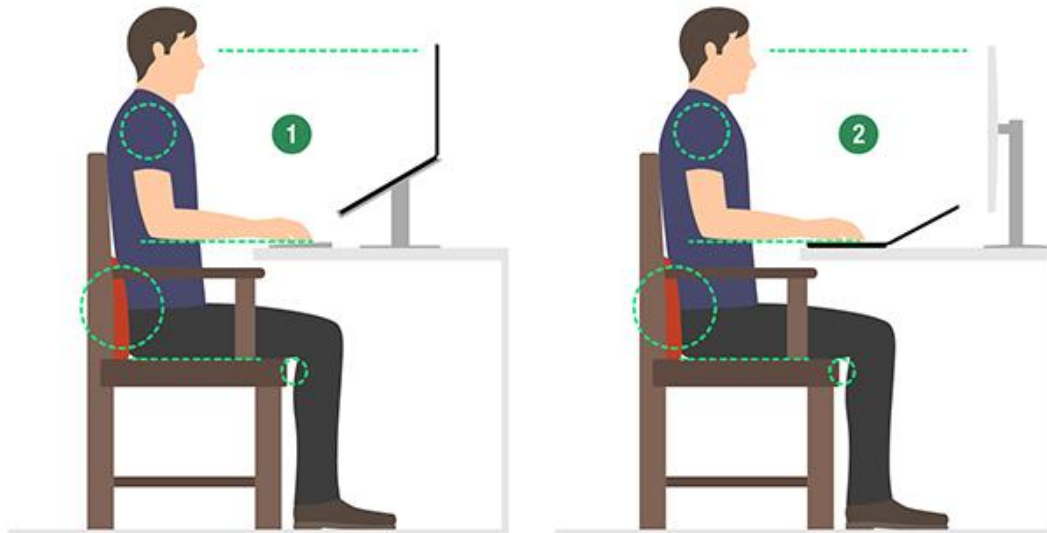


Work in this way to maintain good posture

1. Top of screen level with eyes, about an arm's length away
2. Relax your shoulders - try to position yourself high enough so you don't need to shrug your shoulders
3. Keyboard just below elbow height
4. Seat height equally supports front and back of thighs (or use cushion to raise seated position)
5. Back of the seat provides good lower back support (or use cushion, to provide additional back support)
6. Gap of 2-3 cm between front of seat bottom and back of knee
7. Computer and screen directly in front of you on desk or other surface
8. Screen and keyboard central - don't twist your back
9. Mouse in line with elbow

Laptop setup

Consider these additional points when setting up your laptop for prolonged use.



Good posture for laptop use (general advice):

1. Keep the Keyboard and mouse separate from the laptop so the screen can be elevated on a laptop riser or similar
2. Keep the Display screen separate from the laptop

Further reading

Aching arms (or RSI) in small businesses: Is ill health due to upper limb disorders a problem in your workplace? Leaflet INDG171(rev1) HSE Books 2003 www.hse.gov.uk/pubns/indg171.pdf

Consulting employees on health and safety: A brief guide to the law Leaflet INDG232(rev2) HSE Books 2013 www.hse.gov.uk/pubns/indg232.htm

Display screen equipment (DSE) workstation checklist Leaflet CK1 HSE Books 2013 www.hse.gov.uk/pubns/ck1.htm

Work with display screen equipment: Health and Safety (Display Screen Equipment) Regulations 1992 as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002: Guidance on Regulations L26 (Second edition) HSE Books 2003 ISBN 978 0 7176 2582 6 www.hse.gov.uk/pubns/books/l26.htm

For businesses in office or retail premises, contact your local authority to speak to an Environmental Health Officer.

Further information

For information about health and safety, or to report inconsistencies or inaccuracies in this guidance, visit www.hse.gov.uk. You can view HSE guidance online and order priced publications from the website. HSE priced publications are also available from bookshops.

This guidance is issued by the Health and Safety Executive. Following the guidance is not compulsory, unless specifically stated, and you are free to take other action. But if you do follow the guidance you will normally be doing enough to comply with the law. Health and safety inspectors seek to secure compliance with the law and may refer to this guidance.