HSE Display Screen Equipment (DSE) Assessment

Safety & Compliance | UK

DATE	EMPLOYEE NAME	DEPARTMENT	WORKSTATION LOCATION
____ / ____ / _____			

DISPLAY SCREEN

	OK	ADJUST		OK	ADJUST
Screen at arm's length distance	○	○	Brightness and contrast comfortable	○	○
Top of screen at or below eye level	○	○	Text size comfortable to read	○	○
Screen directly in front (not angled)	○	○	Screen clean and flicker-free	○	○

KEYBOARD & MOUSE

	OK	ADJUST
Keyboard flat on desk (legs down)	○	○
Space in front of keyboard for wrists	○	○
Mouse next to keyboard, easy to reach	○	○

Wrist rest provided (if needed) ☐ OK ☐ Adjust ☐ N/A

Characters on keys legible ☐ OK ☐ Replace

CHAIR

	OK	ADJUST
Seat height adjustable — feet flat on floor	○	○
Backrest supports lower back	○	○
Seat depth — 3 fingers behind knees	○	○

Armrests don't prevent close desk position ☐ OK ☐ Adjust ☐ N/A

Chair stable on castors ☐ OK ☐ Replace

Footrest provided (if needed) ☐ OK ☐ Needed ☐ N/A

DESK & LAYOUT

	OK	NOT OK
Sufficient desk space for work	○	○
Desk surface matt and non-reflective	○	○

Document holder (if needed for copy typing) ☐ OK ☐ Needed ☐ N/A

	OK	NOT OK
Cables managed — no trip hazard	○	○
Adequate leg room under desk	○	○

ENVIRONMENT

Lighting adequate — no glare on screen ☐ OK ☐ Not OK

Go digital with Miratag

Skip the paper — fill checklists faster on the Miratag mobile app. Add photos, videos, notes and signatures. Track compliance in real time. Start free at miratag.com

This template is a general-purpose resource, not tailored to any specific jurisdiction. Each organisation must validate compliance with local regulations.

Scan to use it free

Blinds available for window glare ☐ OK ☐ Not OK ☐ N/A

	OK	NOT OK
Temperature comfortable	○	○
Noise level acceptable	○	○

Regular breaks taken from screen work ☐ Yes ☐ No

ASSESSMENT OUTCOME

Any discomfort or pain reported? ☐ None ☐ Yes — details below

Discomfort details

Actions required

Employee signature _____

Assessor / manager signature _____

Review date _____

Notes

Go digital with Miratag

Skip the paper — fill checklists faster on the Miratag mobile app. Add photos, videos, notes and signatures. Track compliance in real time. Start free at miratag.com

This template is a general-purpose resource, not tailored to any specific jurisdiction. Each organisation must validate compliance with local regulations.

Scan to use it free