

USING DISPLAY SCREEN EQUIPMENT (DSE) ON THE GO

There may be occasions where you don't always have access to the space, equipment or environment that best help to support a suitable setup. This guide may help to provide some hints and tips when using DSE for more than 20-minutes, when working from various locations away from the more typical home or office workstation.

COMMON ISSUES WITH USING DSE ON A HOTEL, TRAIN, PLANE AND COFFEE SHOP



Static chairs

Which can encourage you to sit too low, too high or without your back supported optimally, and to lean over the laptop, adopting a hunched posture, increasing the risk of tension and awkward wrist postures.



Additional weight

The extra weight of the equipment when travelling and commuting can generate an ergonomic challenge.



Poor internet connection and lighting

This could encourage feelings of frustration, and the lack of proper illumination can increase the risk of visual fatigue symptoms.



Reduced concentration

The noise of other people, attendants and general distractions can affect productivity levels.



Unsuitable desk

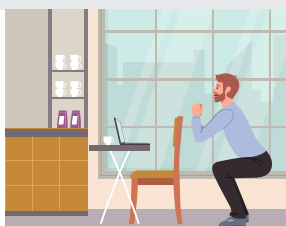
Low tables or drawers underneath the working surface discourages you from sitting close or at a suitable height to your DSE. This could encourage you to elevate your shoulders or lean over the desk, and increases the risk of tension and awkward wrist posture.



Data breach

Other members of the public could see your screen or any paperwork, and it is very difficult to maintain confidential conversations.

WHAT CAN YOU DO TO HELP CONTROL THE RISKS?



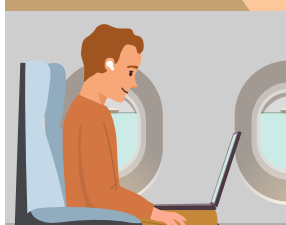
Take breaks

Take a lot more breaks than you normally would. This can be a great way to reduce tension and prevent problems.



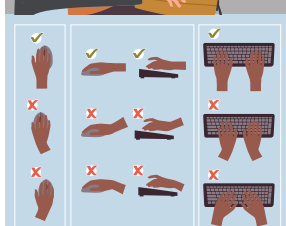
Workstation Checklist Guide

Ask your employer for a copy of Inspired Ergonomics' Workstation Checklist Guide, and take this with you whenever you go, so that you can try and meet as many of those points as possible.



Plan tasks

Try to plan tasks that are better suited to your environment, like reading long reports or listening to audio files, rather than tasks that involve a lot of typing or use of the mouse. If the information is confidential, consider bringing a privacy filter on your display.



Be aware of your wrist and arm postures

Avoid contact between the edge of a surface and your wrists. Take regular breaks for the arms and stretch out. Try varying your arm posture by moving the position of your laptop or devices.



Raise your device

Use your bag or other items to help position your laptop screen or devices. That way you can sit back in the chair, with your laptop raised slightly (so you are not hunching down over a low table).



Bring extra support

Consider bringing a back support if you struggle with low back pain. Take a lightweight and compact keyboard and mouse with you to get the input devices in a more comfortable position. Portable laptop stands are also a good idea.



Use pillows for support

Increase your height in the chair with pillows, or place them behind your back for postural support.



Plan how to carry the devices

Depending on how far you have to carry items, the use of escalators or lifts and the weight of your equipment, you might choose to use a backpack or a trolley case rather than a briefcase or handbag.

You may be unable to control the environment - noise and lighting. Before you commit to working away from a typical workstation, ask yourself if this is suitable, especially if you experience any issues that may be exacerbated by sub-optimal support.