

Workstation assessments

Computer workstations or equipment can often be associated with neck, shoulder, back or arm pain, as well as with fatigue, eyestrain and stress. Surveys have found that a high proportion of Display Screen Equipment (DSE) workers report aches and pains in the arms hands and shoulders - these aches and pains are sometimes called upper limb disorders (ULDs).

Most of these conditions do not initially indicate any serious ill health but the longer these pains continue, the worse the problem can become. It can, over time, lead to disabling problems for the User.

The Health and Safety (Display Screen Equipment) Regulations 1992

The Health and Safety (Display Screen Equipment) Regulations 1992 came into effect with the aim being to protect the health of people who work with DSE. The regulations place a duty on employers to carry out a 'suitable and sufficient analysis' of all workstations - in other words, a risk assessment. Workstations must meet certain basic requirements that enable them to be appropriately adjusted and used without unacceptable risks to health and safety. They also require the employer to provide information and training regarding the safe use of working with DSE. Also, as an increasing number of people are spending more time working from home - if that work involves the use of home workstation then the employer should make sure that a risk assessment is carried out for the workstation used at home as well as the office.

Lincoln Occupational Health can assist you to fully comply with these regulations by either:

- ▶ Providing training for certain members of your team to enable them to become competent and confident Assessors.
- ▶ Visiting your premises and conducting the assessments ourselves.

- ▶ Supplying you with our online package. This package is specifically designed to not only meet Health & Safety legislative requirements but, at the same time, generate positive benefits to the company and its employees. Employees are sent a power point training presentation to view before being asked to complete an online Assessment, which is distributed to employees via an email link. The Assessment is undertaken using a secure online survey platform with the questions formulated in line with the Display Screen Equipment regulations (10 mins to complete). Once completed, the responses will be assessed by a member of the Occupational Health team and a summary of the results are passed onto the company to ensure that any remedial action which is needed is implemented. Each package can be tailored to a company's specific needs.

At the end of the entire session, verbal feedback can be given to the employer on some of the general workplace health issues/behaviours which have been identified which may be impacting on employee health and welfare. This is an opportunity for employers to discuss such issues as absenteeism and stress. (Please note that all individual consultations/results will be treated in the strictest confidence – general feedback only will be given to management).



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About Us

We work with employers to provide support and practical guidance regarding effective management of sickness absence and other relevant employee health issues.

Our services aim to help you:

- ▶ avoid costly claims by ensuring you meet your legal and statutory responsibilities
- ▶ comply with Health and Safety and Disability legislation
- ▶ reduce the costs to your business of staff sickness absence
- ▶ prevent and remove health risks arising in the workplace
- ▶ achieve maximum staff productivity by reducing absences due to ill-health
- ▶ improve the overall health and wellbeing of your workforce
- ▶ increase your staff retention and productivity
- ▶ effectively manage employees who are off sick (especially long-term cases) and develop individual return-to-work strategies
- ▶ introduce cost-effective and proactive health promotion campaigns
- ▶ address complex stress and mental health cases.

Contact detail

To discuss your specific requirements and obtain a quote please contact:



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