



CRYSTAL PALACE  
PHYSIO GROUP

.....  
Making People Better

# Better Working DSE Workstation Advice



INVESTORS  
IN PEOPLE



Registered in England. Company Number 3829618



- 1 Elbows**  
Above the desk, at 90-110 degrees
- 2 Shoulders**  
Relaxed as opposed to hunched
- 3 Wrists**  
In line with forearms
- 4 Hips, Knees, Ankles**  
At 90 degrees whilst seated
- 5 Feet**  
Flat on the ground or footrest  
For prolonged standing, consider a mat
- 6 Head**  
Upright with ears aligned with shoulders

- 7 Eyes**  
Looking at the top third of the screen.  
Consider the use of a laptop raiser with your laptop
- 8 Seat length**  
Should be long enough to provide support beneath thighs
- 9 Backrest**  
Angled at 90-110 degrees with adequate lumbar support in line with lower back
- 10 Keyboard and Mouse**  
G and H of keyboard aligned with your nose. Mouse gripped loosely
- 11 Laptop**  
Used with a riser, external keyboard and external mouse

## DSE Top Tips:

1. Short, frequent breaks are more effective than longer infrequent breaks in managing fatigue
2. Prolonged sitting for more than 1 hour will lead to cumulative postural strain
3. Breaks of 2-5 minutes per hour can offset the risk of musculoskeletal symptoms in the workplace
4. Varying your tasks can encourage movement and different muscle groups
5. Go and speak to your colleagues rather than email/phone

## Exercises

Try these simple exercises at your desk

Repeat every hour to encourage a change of posture

1



### 1. Neck Rotations

Gently turn head from side to side. Repeat 3 times

2



### 2. Back Extension

Gently extend back over backrest of chair. Repeat 3 times

3



### 3. Trunk Rotations

Gently rotate your trunk around. Repeat 3 times

4



### 4. Shoulder Rolls

Roll your shoulder forwards. Repeat 3 times

5



### 5. Wrist Flexion

Flex your wrist and hold for 5 seconds. Repeat 3 times

