

## DSE Top Tips:

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



## About Us

- We are an Award Winning specialist Occupational Physiotherapy provider.
- We are recognised as one of the U.K.'s Leading Providers of Physiotherapy and related services.
- We have a team of experts who are committed to excellence in clinical standards and customer service.
- We work with public and private sector organisations to reduce their musculoskeletal (MSK) workplace absence

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## Better Working

## DSE Workstation Advice



## Optimal DSE Set-up



### 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

## 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 on each hand