

What does the HSE say?

Employers have the same health and safety responsibilities for home workers as for any other workers.

For any workers who use Display Screen Equipment (DSE) daily for an hour or more at a time the Health and Safety (Display Screen Equipment) Regulations apply.

Incorrect use of DSE or poorly designed workstations or work environments can lead to pain in necks, shoulders, backs, arms, wrists and hands as well as fatigue and eye strain.

After completing DSE assessments the findings and control measures or actions taken must be recorded if five or more people are employed. Also, as conditions and people change, it is important to have a review process to evaluate the actions taken and identify if further action is needed.

What actions should employers take?

If your employees are working from home temporarily you do not need to ask them to carry out home workstation assessments. However, you should still provide staff with advice on completing basic assessments at home and regularly discuss whether their home working arrangements are adversely affecting their health, safety, or welfare.

If your employees already work from home on a long-term basis, or will begin working from home on a long-term basis, you must adequately control the risks associated with using display screen equipment, e.g.

- Providing training so employees can complete full DSE workstation assessments for themselves;
- Providing advice on control measures and checking that action is taken where necessary, and
- Providing appropriate equipment and eyesight tests.

An example DSE workstation assessment can be downloaded [here](#)

