

5 DSE risks and fixes in the home



Find out how to protect your health while you're working, playing, or relaxing at home.

1 Gaming

Risks

- Dry/sore eyes
- Blurred vision
- Headaches
- Neck, shoulder and back pain
- Carpal tunnel
- Repetitive strain syndrome (RSI)
- Tendonitis.

Fixes

- Invest in a good ergonomic chair
- Lean back, not forward
- Experiment with TV/computer height
- Set an alarm every 30 mins to move
- Pause every hour for a hydration break.



3 Desktop computers

Risks

- Lower back injuries
- Discomfort to neck and shoulders
- Pain in popliteal arch (underside of knee and thigh)
- Carpal tunnel
- Headaches
- Eye dryness, soreness and blurring

Fixes

- Raise screen to eye level
- Get an ergonomic chair
- Have a DSE assessment
- Try a vertical mouse
- Use a compact keyboard to reduce stretching



2 Laptops, phones and tablets

Risks

- Lower back pain
- Forearm pain
- Pain in hands, fingers and wrists
- RSI
- Dry/sore eyes
- Sleep deprivation.

Fixes

- Use a stand, keyboard and mouse with laptop
- Use a tablet stand
- Ban technology 1 hour before bed
- Use a blue light filter
- Limit usage to a few hours a day



4 Cooking and ironing

Risks

- Foot discomfort from prolonged standing
- Back pain from hunching over (especially if tall)
- Knee pain
- Injury from heavy lifting

Fixes

- Stand on an anti-fatigue mat
- Use a leg rest
- Break up with periods of rest
- Break up with stretches
- Comfortable height setting on ironing board



5 Watching TV

Risks

- Back pain
- Impaired digestion
- Eye issues
- Knee and leg discomfort.

Fixes

- Frequently change position
- Use posture supports
- Take breaks to move around
- Stretch frequently
- Limit the amount of time spent watching TV.

