

Hot desk DSE check

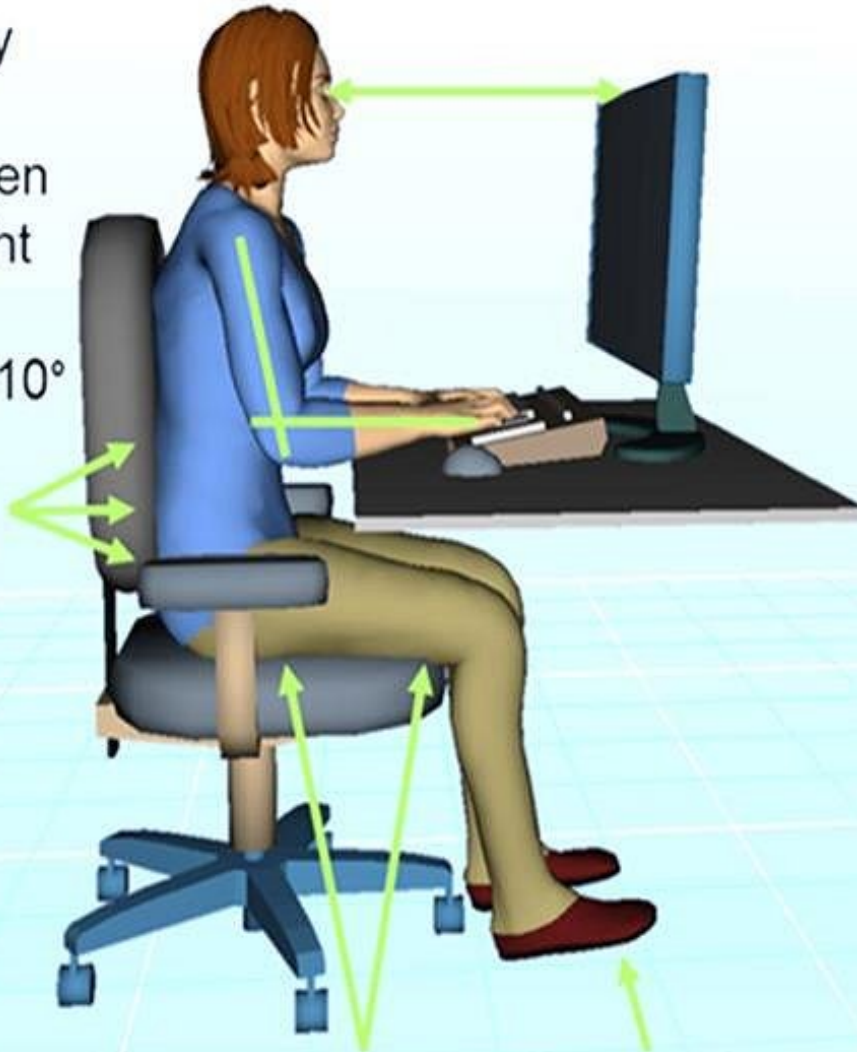
Luton

- Screen arm's length away

- Top of screen at eye height

- Elbow 90-110°

- Supported lower back



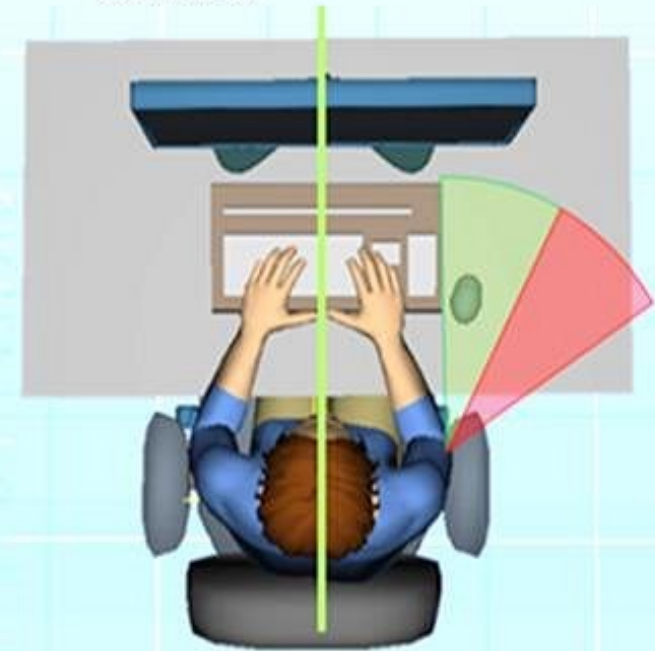
- Equal support at front and rear of thighs

- Feet flat on floor or on footrest

- Space behind knee

- Regular breaks 5 minutes per hour

- Screen and keyboard central



- Mouse in line with elbow