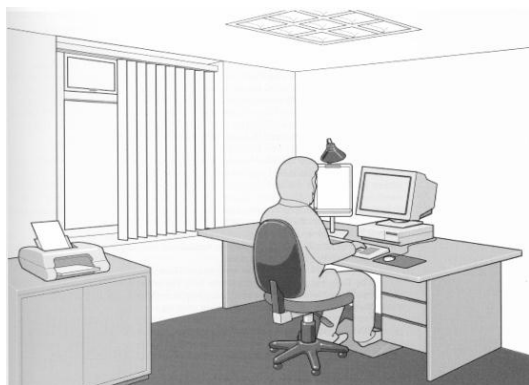


VDU Workstation Minimum Requirements



- Adequate lighting
- Adequate contrast, no glare or distracting reflections
 - Distracting noise minimised
- Leg room and clearances to allow postural changes
 - Window covering if needed to minimise glare
- Software: appropriate to task, adapted to user, providing feedback on system status, no undisclosed monitoring
 - Screen: stable image, adjustable, readable, glare/reflection-free
 - Keyboard: usable, adjustable, detachable, legible
- Work surface: with space for flexible arrangement of equipment and documents; glare-free
 - Chair: stable and adjustable
 - Footrest if user needs one

Seating and Posture for typical office tasks



- Seat back adjustable
- Good lumbar support
- Seat height adjustable
- No excess pressure on underside of thighs and backs of knees
- Foot support if needed
- Space for postural change, no obstacles under desk
- Forearms approximately horizontal
- Wrists not excessively bent (up, down or sideways)
- Screen height and angle to allow comfortable head position
- Space in front of keyboard to support hands/wrists during pauses in keying

From HSE publication:- "L26 Work with display screen equipment – Guidance on Regulations"