Display Screen Equipment Regulations 1992
These Regulations (despite the title) actually cover the **workstation** which is defined as an assembly comprising:

- display screen equipment
- any optional accessories to the display screen equipment
- any disk drive, telephone, modem, printer, document holder, work chair, work desk, work surface or other item peripheral to the display screen equipment
- the immediate work environment around the display screen equipment
The Schedule to the Regulations specifies workstation layout and includes:

- The brightness and the contrast shall be easily adjustable by the user.
- The screen must swivel and tilt easily and freely to suit the needs of the user.
- It shall be possible to use a separate base for the screen or an adjustable table.
- The screen shall be free of reflective glare.
The keyboard shall be tiltable and separate from the screen

The space in front of the keyboard shall be sufficient to provide support for the hands and arms

The keyboard shall have a matt surface to avoid reflective glare.

The symbols on the keys shall be adequately contrasted and legible from the design working position.
Work Desk or Work Surface

There shall be adequate space for operators or users to find a comfortable position.
The work chair shall be stable and allow the operator or user easy freedom of movement and a comfortable position.

The seat shall be adjustable in height.

The seat back shall be adjustable in both height and tilt.

A footrest shall be made available to any operator or user who wishes one.
Workstations shall be so designed that sources of light cause no direct glare and no distracting reflections on the screen. Windows shall be fitted with a suitable system of adjustable covering to attenuate the daylight that falls on the workstation.
Noise emitted by equipment belonging to any workstation shall be taken into account when a workstation is being equipped, with a view in particular to ensuring that attention is not distracted and speech is not disturbed.
Change of Activity

Work is planned so that there are regular breaks and/or changes in work activity. Ideally individuals should have some discretion about the frequency and timing of breaks taken from computer work.

A change of activity is counted as a break in computer work activity.
Eye-Tests

Employers must, at the request of the employee, pay for regular eye sight tests if VDU work is an essential part of the job.

If special lenses are required for use specifically with VDUs, then the employer is obliged to contribute towards the cost.