

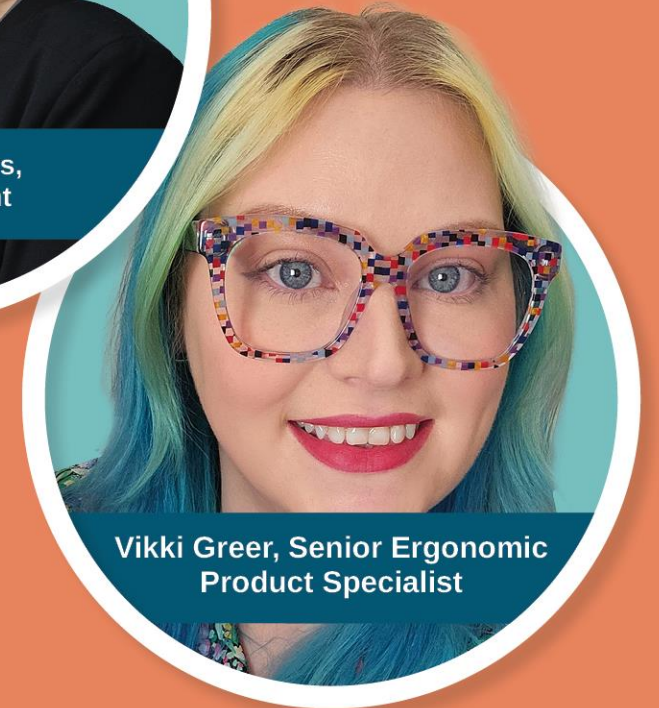


Need help to make working more comfortable?

Come to a quick, friendly intro to all the options available to you from Posturite



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How can Posturite help you and your workstation?

- Our website – help and advice, infographics, advice sheets, blog articles
- Live chat with our healthy working experts
- DSE workstation assessments – face-to-face and remote
- Higher level assessments for more specific needs
- Enablement services including assessments
- Reach out to any of our team for support

What is a DSE Assessment and how can it help me?

- DSE stands for display screen equipment – keyboard, mouse, screens, chair, desk, footrest
- Posturite DSE assessment is specific to problem-solving and issue-solving in terms of comfort for the individual
- Over and above the basic checklist DSE assessments that many companies only do to meet the regulations
- If you have discomfort or pain, speak to your employer first to see what their processes are to help you
- Adjustment of current equipment or a suggestion of alternative equipment
- Other equipment may allow you to work more comfortably and more efficiently

DSE Assessments – what happens?

- Receive a booking invitation link
- Choose your date
- Remote – provide your photos and measurements guidance
- 24 hours before assessment – confirmation of the expected arrival time window and the assessor attending
- On the day – updates when we are on our way and when we have arrived
- During the assessment – discussion of your role and what you need your equipment to do, any aches and pains that you have, and adjustment of the current equipment where possible (photographs and measurements if face-to-face)
- Post assessment – the assessor will write up a report with all the gathered information and make suggestions for equipment that may benefit you
- This report is returned to your employer/the person who referred you for the assessment to then take any action points forwards



DSE Advice – live chat

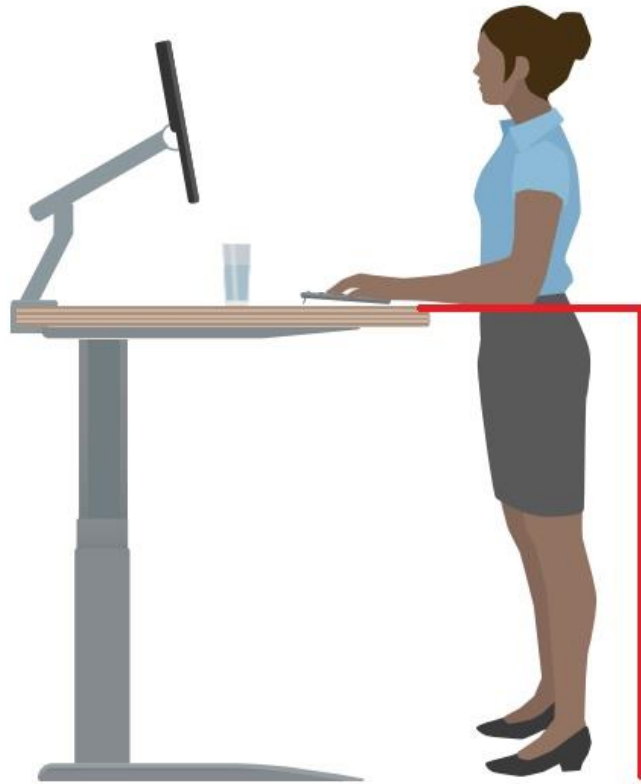
- Live chat is open between 9:30am and 4:30pm, Monday to Friday
- Real human experts on hand to provide practical advice for you
- Help with choosing an assessment type
- Triage – can we offer a suggestion on the live chat without the need for an assessment?
- More basic suggestions for mild-to-moderate pain - keyboards, mice, chairs, desks
- Gaining further information with measurements, background information form and photos
- Troubleshooting equipment and equipment setup such as chair adjustments
- General DSE advice such as equipment positioning and posture

Common questions

Sit-stand desks and platforms – height and size



Webinar



- Is this desk or platform tall enough for me? *Standing elbow height*
- Will this platform fit on to my existing desk? *Wide range of options available for various widths and depths*
- Will this desk or platform fit all my equipment? *Measuring items overall footprint*

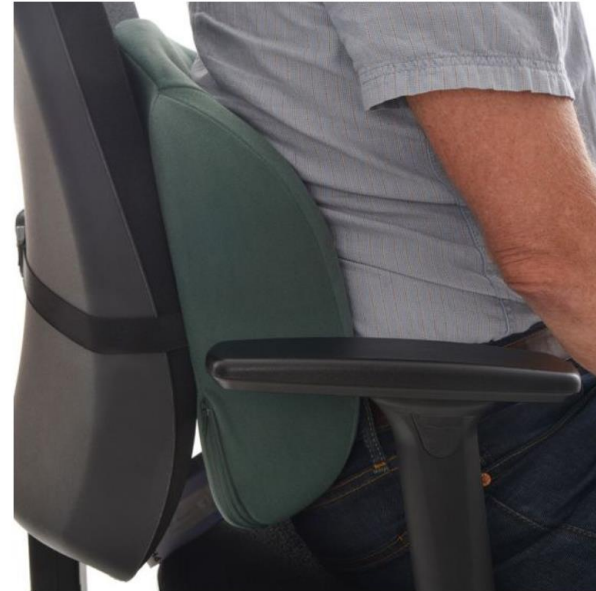
Common questions

Which additional back support will be best for me?



Webinar

- Depending on the current chair (dining chair or office style chair) – how will it attach?
- Depending on the individual – backrest curvature and areas of discomfort



Common questions

Which chair is most suitable for a petite or tall person?

- It's very much dependent on the person's height ratios between the upper leg, the lower leg and the torso



Common questions

Which laptop stand is right for me?



Webinar

- Rigid hinge required between the screen and the keyboard, to keep the screen open
- Does your keyboard detach?



Common questions

I need an ergonomic mouse, which one is best?



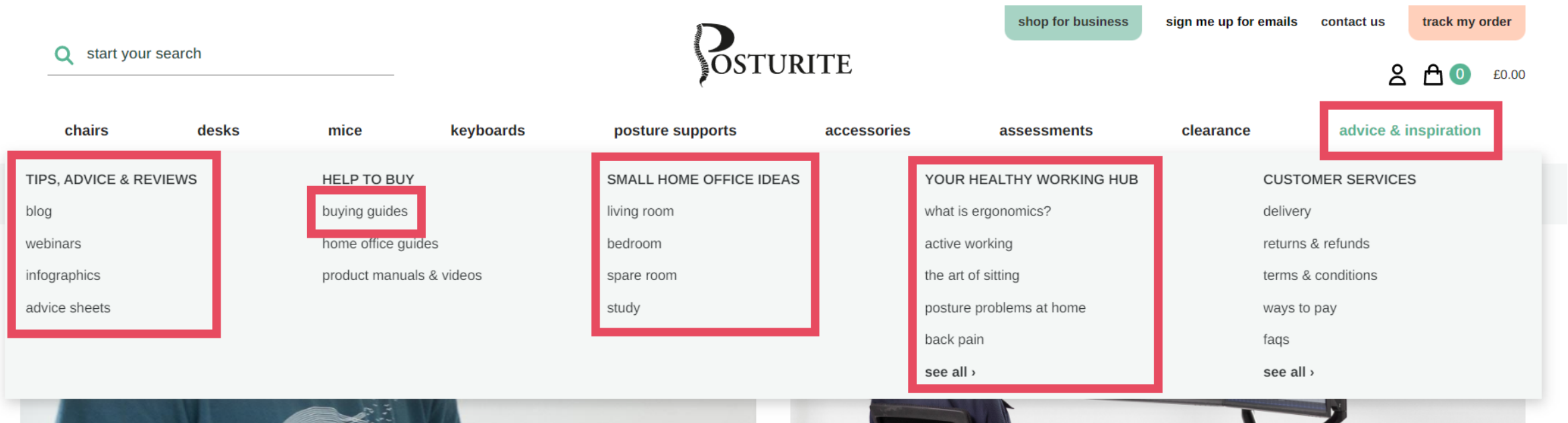
Webinar

- 'Ergonomic' can be defined as relating to the design of furniture or equipment to make it comfortable and effective for people who use it
- There's lots of different types of mice in design and styles come under the ergonomic umbrella
- Specific to individual



Next steps...

- Our website is full of practical guidance and advice – head to the **advice & inspiration** menu:



The screenshot shows the Posturite website navigation menu. The 'advice & inspiration' menu item is highlighted with a red box. Below it, the following sub-menus are listed:

- TIPS, ADVICE & REVIEWS** (highlighted with a red box)
 - blog
 - webinars
 - infographics
 - advice sheets
- HELP TO BUY** (highlighted with a red box)
 - buying guides (highlighted with a red box)
 - home office guides
 - product manuals & videos
- SMALL HOME OFFICE IDEAS** (highlighted with a red box)
 - living room
 - bedroom
 - spare room
 - study
- YOUR HEALTHY WORKING HUB** (highlighted with a red box)
 - what is ergonomics?
 - active working
 - the art of sitting
 - posture problems at home
 - back pain
 - see all >
- CUSTOMER SERVICES**
 - delivery
 - returns & refunds
 - terms & conditions
 - ways to pay
 - faqs
 - see all >



Next steps...

- Speak to our advice team via the live chat available on our website – our experts will be able to answer your questions or direct you to the best resource
- Webinar exclusive – use the code **ADVICE50** for 50% off a remote or face-to-face workstation assessment on posturite.co.uk (valid until 30 September 2023, terms and conditions apply)



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