

between five and ten minutes cumulatively, in any 1 hour period and they will be encouraged to include routine postural moves.

*Note that breaks away from DSE should not be accumulated to give longer breaks and a break in this context does **not** mean the operator does **no** work at all during this period.*

4.4 Although there is no evidence linking work involving DSE with eye damage or deterioration of eyesight, employees who are “users” are entitled, but not obliged, to undergo appropriate DSE eye/eyesight tests.

4.5 Employees should repeat eye tests at regular intervals on the advice of the optician. The eye tests should include a test of vision and an examination of the eye. In addition, the test should take account of the nature of the user’s work, including the distance at which the screen is viewed, and the working environment.

4.6 The optometrist conducting the eye test should make a report to the Academy, copied to the employee, stating whether a corrective appliance is required specifically for DSE work and when re-examination should take place. Any prescription, or other confidential clinical information, should only be passed to the Academy with the employee’s consent.

4.7 When spectacles are prescribed specifically for work with DSE, the Academy will provide a contribution toward the basic cost of suitable lenses and frames.

4.8 The Football Development Officer will be responsible for maintaining records of eye/eyesight tests as recorded during the DSE risk assessment and, in conjunction with the HR department and the individual concerned, will ensure all appropriate actions have been taken to provide for corrective appliances.

4.9 Office lighting will be maintained at an appropriate and comfortable level and glare or reflections on screens will be eliminated, if possible, either by changing the work station arrangement or, where this is not feasible, through the provision of glare inhibitor screens.

4.10 Any other control measures identified during the Risk Assessment as being required (e.g. monitor stands) will also be provided, and employees trained in their correct use.

4.11 “Users” will be informed of DSE hazards and risks, available control measures, good working practices, reasons for making any changes to work practices and of their responsibilities in properly using the DSE supplied.

4.12 Electromagnetic radiation from computer screens is currently not believed to adversely affect users, including pregnant employees, although existing skin conditions may be aggravated in conditions of low humidity. However, personnel should immediately report cracked, broken or damaged

screens or casings to the Head of Youth, who will arrange for the Visual Display Unit (VDU) to be taken out of service until a professional assessment of the unit has been made.