## Assessment

### DISPLAY SCREEN EQUIPMENT

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ASSESSMENT – DISPLAY SCREEN EQUIPMENT

Name: ..........................................................

Date: ..........................................................

I.D. (if applicable): ...........................................

Score

1. What does DSE stand for?
   a) Display Screen Equipment
   b) Display Screen Ergonomics
   c) Display Screen Efficiencies
   d) Display Screen Environment

2. Which of these is an example of a piece of display screen equipment?
   a) A set of plans
   b) Whiteboard
   c) Smartphone
   d) Book

3. Which of these is a hazard category associated with display screen equipment use?
   a) Stress
   b) Visual fatigue
   c) Musculoskeletal injuries
   d) All of the above
4. Sitting in a fixed position for lengthy periods of time can cause ________________ for users.
   a) Fun 
   b) Pain and discomfort 
   c) Paralysis 
   d) Nothing 

5. If using a computer monitor, your eyes should be level with ________________
   a) The bottom of the screen 
   b) The top of the screen 
   c) The keyboard 
   d) None of the above 

6. Musculoskeletal injuries suffered by display screen equipment users can include:
   a) Upper limb disorders 
   b) Repetitive strain injury 
   c) Back problems 
   d) All of the above 

7. Tasks where the work is solitary and involves little interaction with other people contribute to social ________________
   a) Involvement 
   b) Pressure 
   c) Engagements 
   d) Isolation 

8. How you sit at a workstation is known as your ________________
   a) Stance 
   b) Posture 
   c) Choice 
   d) Chair
9. At your workstation, there must be sufficient _______ to provide freedom of movement while seated, as well as allowing for postural changes.

   a) Stress
   b) Ventilation
   c) Space
   d) Heat

10. It’s important for anyone working with display screen equipment to give themselves a _______ from time to time.

    a) Break
    b) Stare
    c) Meal
    d) Headache