Health & Safety Policy – Working Remotely with Computers

Vocal Health Education's health and safety policy is intended to

- Prevent accidents and cases of work related ill health
- Manage health and safety for those working with computers.

Computer related health problems can include

Aches and pains caused by:

- Repetitive work.
- Uncomfortable working postures.
- Incorrect screen settings.
- Carrying out tasks for long periods without suitable rest breaks.
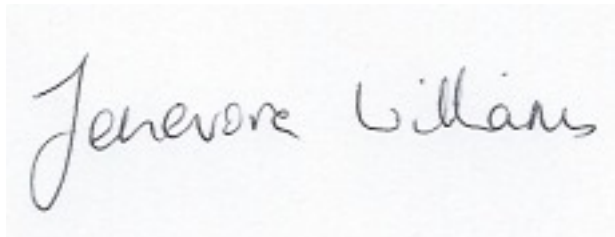
Strain in Legs and Feet caused by:

- The height and position of the chair

Eye Strain and Headaches caused by:

- Prolonged use of a screen
- Glare from lights or windows

To promote safe and healthy working practices, staff and students will be provided with information about how to ergonomically set up their workspace and Display Screen Equipment (DSE).

Date: 28.03.2024

This policy will be reviewed every 12 months by Dr Jenevora Williams