**Keeping healthy in the office - Self-help resources**

This [DSE aware leaflet](file:///L:\Occ-Health\OH%20docs%20-%20current\Q57%20DSE%20Awareness%20Leaflet.pub)‌ provides tips on keeping healthy based on the training package.

Watch a video aimed at helping you with the general positioning of your workstation either sat at a [desk](http://www.youtube.com/watch?v=w5woZbusgg8) or whilst using a [laptop](http://www.youtube.com/watch?v=ZLwIP8cBaWA&feature=related).

Information for employers relating to [Upper Limb Disorders](http://www.nhshealthatwork.co.uk/images/library/files/Clinical%20excellence/Rev_ULD_EMPLOYERS_LEAFLET_FINAL.pdf) and their management at work.

What evidence is there to support office based exercises?  Click to view a recent [HSE research report.](http://www.hse.gov.uk/research/rrhtm/rr743.htm)

Follow this link [Sit Fit in the office](http://www.hud.ac.uk/media/universityofhuddersfield/content/files/hr/occhealth/Q142%20Well%20at%20work%20Sit%20Fit%20in%20the%20Office.doc)‌ for advice on healthy office work and simple exercises which may benefit you. The following link may be used to access free software which can be used as a prompt to take breaks from DSE work [Work Rave](http://www.workrave.org/).  If you wish to download this to any university equipment you must check with IT support before doing so.

Additional DSE resources can be found on the [HSE website](http://www.hse.gov.uk/msd/dse/).