

How to upload evidence of broadband speed

- Log onto www.speedtest.net
- In the centre of the screen, click **Go** and this will give you your Download Mbps and Upload MBPS
- Take a screenshot (Control + Print Screen) and paste to blank Word document
- Attach this document to your online application form – located in Blended Working Details tab

These are the questions you will be required to complete online as part of the Display Screen Equipment Self-Assessment (DSE)

1. I have a separate keyboard, mouse and monitor connected to my laptop.
2. My workspace is set up to allow me to view the monitor at a height, which avoids bending of the neck for sustained periods?
3. I have access to other suitable accessories such as a laptop stand, if required, which allows the laptop to be connected to the keyboard and positioned at a suitable height?
4. I take regular short breaks from sitting by standing up and moving about for 1-2 minutes every thirty minutes.
5. My workspace is set up to allow space in front of the keyboard to provide support for the hands and the arms.
6. My chair is adjustable in height.
7. My chair has a backrest that is adjustable in height and tilt.
8. Should I require, my chair has back support (for example a backrest or cushion).
9. There is adequate lighting to allow comfortable working.
10. Am I experiencing any musculoskeletal discomfort?