ScreenRisk

Display Screen Optimisation

If you have not already registered, you will need to do so, otherwise you can Log in

Log In

https://www.screenrisk.com/log-in/

Display Screen Optimisation

Home   Corporate ⌄   **Membership** ⌄   News   Research ⌄   The Blog   Social   About ⌄   **Log In**

DSO Log-in

Username or Email Address

Password

☐ Remember Me

LOG IN

When you register or log in you will be taken to the Account Page

The Account Page

On the Account Page you can either purchase a new session for £1 via PayPal (You will automatically be taken to this page when you log in).

Buy a new session:

For your security we use PayPal

If you don't have a PayPal account, you can still pay using their payment system. Simply click the "Pay by Debit or Credit Card" button on the PayPal login page and use the PayPal Guest Checkout form which appears.

The PayPal button below will direct you to the PayPal website. Upon payment you will be redirected to the Display Screen Optimiser after a five second countdown - please do not cancel the countdown or you will lose your session.
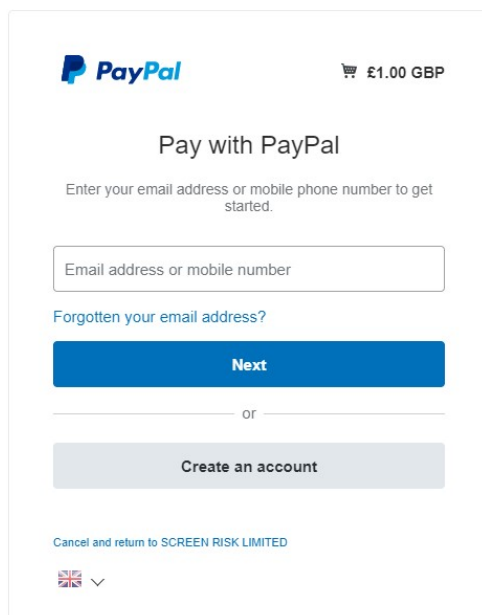
[**P PayPal**]

Each session will be charged to your PayPal account at £1.00 per session.
Payments will appear as - payment to ScreenRisk Limited.

or you can look at your earlier sessions. This green button will only be present on the Account Page if you have sessions in progress or completed sessions.
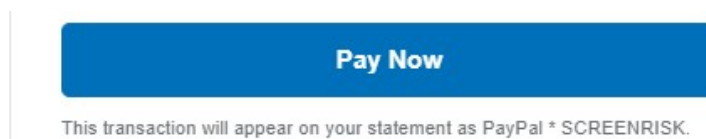
[**CLICK TO RETRIEVE YOUR SESSIONS**]

When you buy your first session

P PayPal   🛒 £1.00 GBP

Pay with PayPal

Enter your email address or mobile phone number to get started.

Email address or mobile number

Forgotten your email address?

[**Next**]

or

[**Create an account**]

Cancel and return to SCREEN RISK LIMITED

🇬🇧 ∨

Click on the PayPal button and log in to your account to complete payment. You will then be asked to confirm the purchase.

If you don't have a PayPal account, you can still pay using their payment system. Simply click the "Checkout as guest button" and use "Pay by Debit or Credit Card" button on the PayPal login page and then use the PayPal Guest Checkout form which appears.

You will then be asked to confirm the purchase

[**Pay Now**]

This transaction will appear on your statement as PayPal * SCREENRISK.

Return to the account page

You will be returned to the Account Page for a few seconds so that you can see that the PayPal purchase has been successful, and there will be a countdown prior to your being redirected to the Display Screen Optimiser. Please do not interrupt this process or your session will not be registered. If you are not redirected, please click on the "Click to Start Session" button.

You should arrive at this screen - click or tap the "Next" button to start

If your browser allows it you should be able to go into full-screen mode by pressing the blue button or pressing the f11 key (press it again to exit full screen mode)

Fullscreen Enabled

We highly recommend using the blue button top right to enable fullscreen mode.

PREVIOUS (←)   NEXT (SPACE)

Click Next or press the Spacebar and you will then go through the introduction (or press spacebar).

Straight Forward

Our automated Display Screen Optimiser will interactively present you with a range of constrasting coloured backgrounds.

Towards the end, it may seem as though the same colour is being tested over and over.

Don't worry, the colours differ enough to make a sizeable difference to the overall screen ergonomics.

PREVIOUS (←)   NEXT (SPACE)

This is not a reading test - you will see rows of words and the object is to track along the lines of text one at a time with your eyes until you reach the last line.

Please note: This is not a reading test!

When you are in the optimisation process, rather than try to read the presented text, we recommend you just **scan** each line as quickly as you can.

If you are not satisfied with how an optimisation step went, you can retry it as many times as you wish.

PREVIOUS (←)   NEXT (SPACE)

and you will be able to adjust the text size to suit your screen - **please do it at this stage**

Adjust Text Size

Please adjust the text size so the text below is comfortable for you to see and scan the lines.

—

you is not went rat up look to play dog my the for and see
look for up and the play is dog rat not see to went my you
to not play went see look rat you for up the my is dog and
the look you dog is rat play see went to for and up not my
rat up to my the see and went dog is for you not look play
see and dog went rat is play the not look to up my you for
dog to rat the is you my see for up play went and not look
up my for and to went dog see look rat you is the play not
went you is see my for look to not the dog play rat and up
is the look to rat not and went play for you up my see dog

+

PREVIOUS (←)   NEXT (SPACE)

Then you will see an example of the test text

Example Test

You will now be taken to an example test so you can get a feel for the process
of scanning the text.

Don't worry the result won't be used.

PREVIOUS (◄)	NEXT (SPACE)

If you are resuming an existing session you will see this screen

Continue Optimisation

Clicking next will continue the optimisation process from where you left off.

PREVIOUS (◄)	NEXT (SPACE)

Then you will be ready to start when you click the Next button or press spacebar

Ready

START (SPACE)

There will be a 3-2-1 countdown

2

You will then see the test run

you is not went rat up look to play dog my the for and see
look for up and the play is dog rat not see to went my you
to not play went see look rat you for up the my is dog and
the look you dog is rat play see went to for and up not my
rat up to my the see and went dog is for you not look play
see and dog went rat is play the not look to up my you for
dog to rat the is you my see for up play went and not look
up my for and to went dog see look rat you is the play not
went you is see my for look to not the dog play rat and up
is the look to rat not and went play for you up my see dog

STOP (SPACE)

Click on STOP or press the Spacebar when you have finished scanning your eyes across all the lines of text - don't try to read the text.

You will then have the option to accept or reject the pass you have just done. If you felt you were distracted and it did not go right, please reject the pass and go again - otherwise you may adversely influence the result

Are you happy with how that went?

RETRY (R)   YES (SPACE)

Then you will start the Display Screen Optimisation process

Start Optimisation

Clicking next will begin the optimisation process.

PREVIOUS (P)   NEXT (SPACE)

and clicking Next or pressing the spacebar will take you to the next Start screen for the next pass

Ready

START (SPACE)

This process will be repeated until optimisation is complete - it takes between 25 and 40 changes depending on how the system responds to your input. At the end of the process you will see your selected colour with this message:

Congratulations
Optimisation Process Finished

GO TO RESULTS

Click on the **"Go to Results"** button and you will be briefly redirected via the Viewer page to your report

Viewer

Background

Your Latest Session Result

ScreenRisk

Display Screen Optimisation

Home   Corporate ⌄   Membership ⌄   News   Research ⌄   Blog   Social   About ⌄   Log Out

Screen Report

Edit

Click this panel to set this as your DSO Background Colour for this site.

If you want to change it back, use the background colour buttons.

```
[Theme]
DisplayName=DSO Colour Theme

[Control Panel\Colors]
Window=205 255 255
```

Advanced Windows Users Only – don't do this unless you know how to restore your original theme!
Download the theme file below and then double click the downloaded file. You

When you return to the Account page

If you have uncompleted sessions they will be listed on the Viewer page

Viewer

PREVIOUS SESSIONS GENERATED

A session in progress or not started will look like this - click on the link to load it

3 Name: SteveRenow TestId: e0b558eeba294b8899800de5807b548b
Created Date: 15/02/2021 19:03:28
Percent Complete: 0%
Please click here to load this test

A finished session will look like this

7 Name: Nigel Dupree TestId: 55f7239cfa984b1f9746e91354287317
Created Date: 23/12/2017 23:45:53
Percent Complete: 100% Completed Date: 09/03/2021 11:57:33
Improvement: 49.88% Best Colour: Red: 180 Green: 255 Blue: 255 Hex: #b4ffff

CLICK TO VIEW REPORT

Click this panel to set this as your DSO Background Colour for this site.

If you want to change it back, use the background colour buttons.

[Theme]
DisplayName=DSO Colour Theme
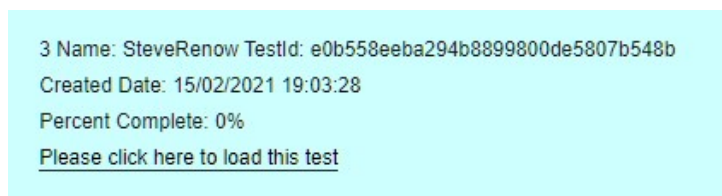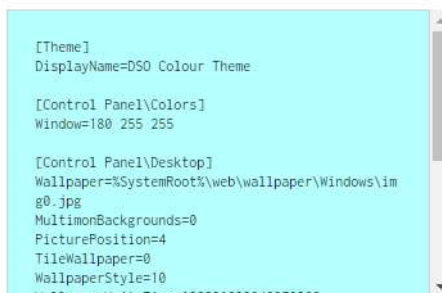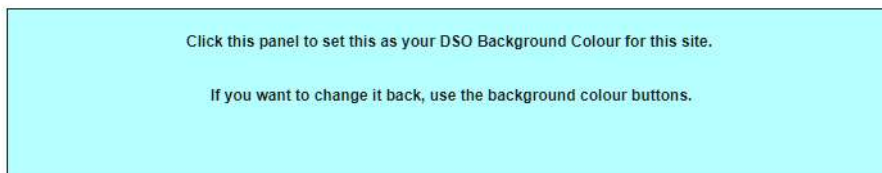
[Control Panel\Colors]
Window=180 255 255

[Control Panel\Desktop]
Wallpaper=%SystemRoot%\web\wallpaper\Windows\im
g0.jpg
MultimonBackgrounds=0
PicturePosition=4
TileWallpaper=0
WallpaperStyle=10
WallpaperWriteTime=132201833848370366

Advanced Windows Users Only - don't do this unless
you know how to restore your original theme!
Download the theme file below and then double click the
downloaded file. You will need to ignore the warnings and
click "Open" to set this colour as your theme background. If
you select High Contrast, it will download a theme which will
colour more things but will affect **everything** and can mess
up contrasts in webpages.
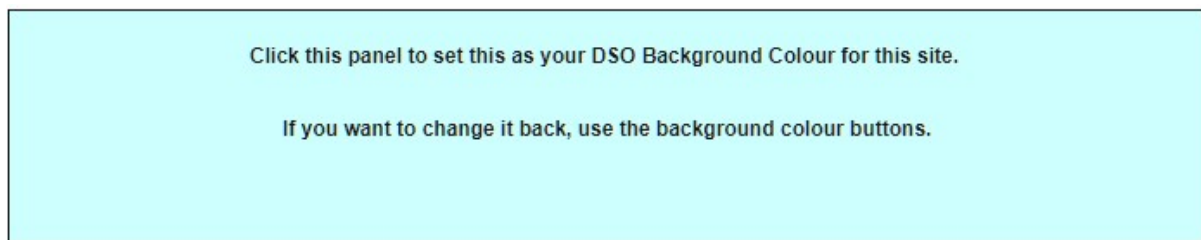Download High Contrast Theme ☐

CLICK TO DOWNLOAD THE THEME FILE

CLICK TO DOWNLOAD WHITE THEME

To view your report click on the Click to View Report button and it will open in a new tab or window.

CLICK TO VIEW REPORT

To set your background colour for the Screenrisk.com site press the coloured panel below the "Click to view report" button (it will be showing your Display Screen Optimiser selected colour). The site background will change.

To apply this change to apps like Word, notepad and Wordpad you can download a theme and set it to be your system theme. Click the Download the Theme file button


You can also check the Download High Contrast Theme checkbox and a High Contrast theme version will be downloaded instead of a standard theme. This will change backgrounds in browsers but it will change all backgrounds - this can be good if you want to read all text on websites on your own background but will, of course, change all of the original colouring of the site and may affect existing contrasts. This does not happen with the standard theme. The white theme will return white backgrounds everywhere.
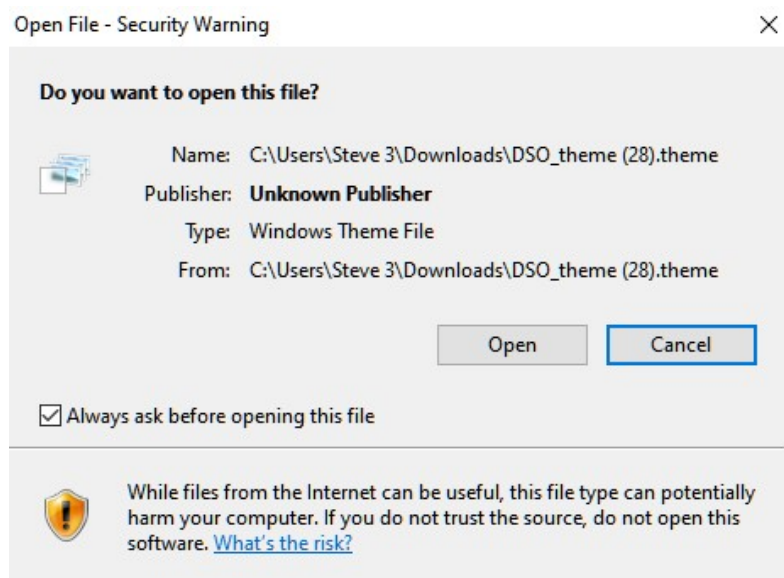
When you click the download button the theme should download.
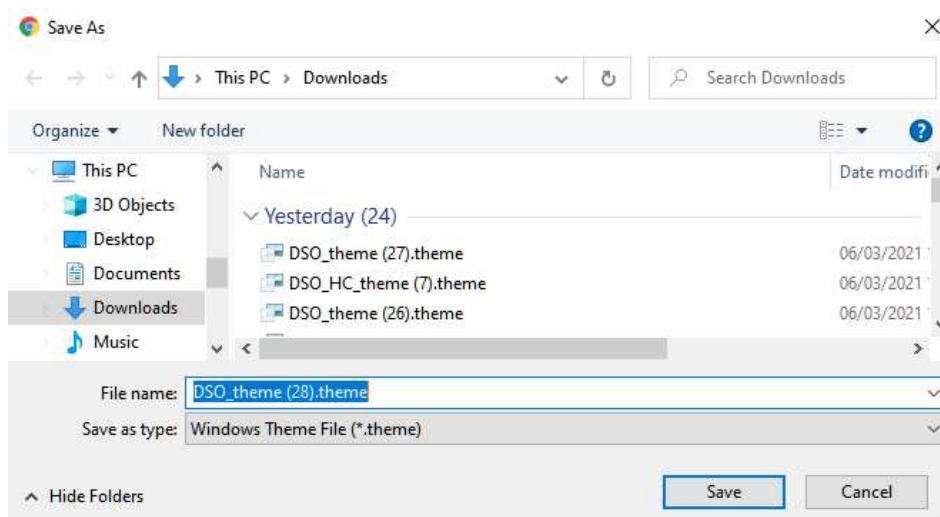
It should appear at the bottom of your browser (Chrome in this example)

ScreenRisk / Privacy T&Cs

DSO_theme (28).theme ∧

Click this and it will open the theme

Open File - Security Warning ✕

Do you want to open this file?

Name: C:\Users\Steve 3\Downloads\DSO_theme (28).theme
Publisher: **Unknown Publisher**
Type: Windows Theme File
From: C:\Users\Steve 3\Downloads\DSO_theme (28).theme

Open   Cancel

☑ Always ask before opening this file

While files from the Internet can be useful, this file type can potentially harm your computer. If you do not trust the source, do not open this software. What's the risk?
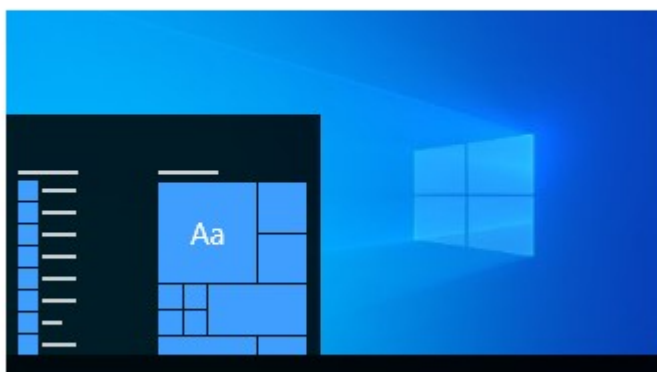
You will need to ignore the warning and click Open to apply your theme (otherwise click Cancel if you change your mind at the last moment.

The settings panel may appear (It doesn't always):

Themes

Current theme: DSO Colour Theme

Aa

Background
Harmony

Because the DSO Theme is based on the standard Aero Windows theme it will have the basic background - you can change the screen background to an image of your choice in the Settings Panel.

If you want to return to your original Windows theme it will either be the Custom Theme or one of the Windows themes available on this page

Change theme
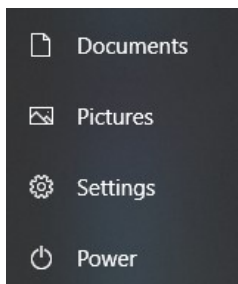
 Get more themes in Microsoft Store

DSO Colour Theme
1 images

Windows
1 images

To get to the Themes setting, on your start button go to the settings:

Documents

Pictures

Settings

Power

Type "Themes" in the search box and click Themes and related settings

Themes   ✕

Themes and related settings

Turn high contrast on or off

Change high contrast theme
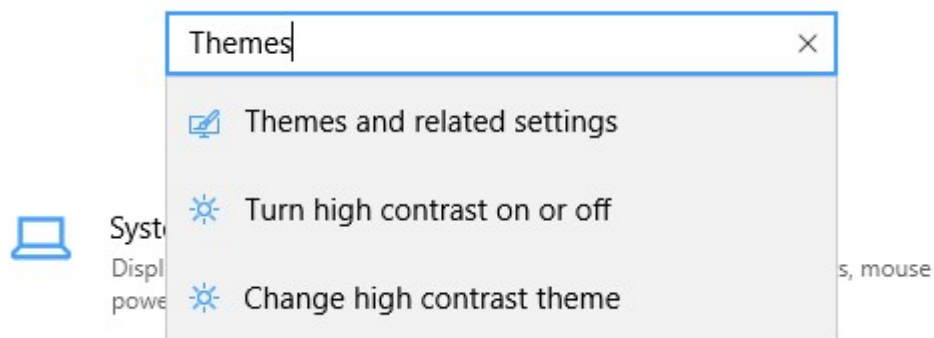
Comparison between the standard webpage view with a DSO Theme and the High Contrast Version

Standard Theme

7 Name: Nigel Dupree TestId: 55f7239cfa984b1f9746e91354287317
Created Date: 23/12/2017 23:45:53
Percent Complete: 100% Completed Date: 09/03/2021 11:57:33
Improvement: 49.88% Best Colour: Red: 180 Green: 255 Blue: 255 Hex: #b4ffff

CLICK TO VIEW REPORT

Click this panel to set this as your DSO Background Colour for this site.

If you want to change it back, use the background colour buttons.

```
[Theme]
DisplayName=DSO Colour Theme

[Control Panel\Colors]
Window=180 255 255

[Control Panel\Desktop]
Wallpaper=%SystemRoot%\web\wallpaper\Windows\im
g0.jpg
MultimonBackgrounds=0
PicturePosition=4
TileWallpaper=0
WallpaperStyle=10
WallpaperWriteTime=13220183394370366
```

Advanced Windows Users Only - don't do this unless you know how to restore your original theme!
Download the theme file below and then double click the downloaded file. You will need to ignore the warnings and click "Open" to set this colour as your theme background. If you select High Contrast, it will download a theme which will colour more things but will affect **everything** and can mess up contrasts in webpages.
Download High Contrast Theme ☐

CLICK TO DOWNLOAD THE THEME FILE

CLICK TO DOWNLOAD WHITE THEME

High Contrast Theme

Font 100% Size +

Background

Click this panel to set this as your DSO Background Colour for this site.

If you want to change it back, use the background colour buttons.

```
[Theme]
DisplayName=DSO Colour Theme

[Control Panel\Colors]
Window=205 255 255

[Control Panel\Desktop]
Wallpaper=%SystemRoot%\web\wallpaper\Window
s\img0.jpg
MultimonBackgrounds=0
PicturePosition=4
TileWallpaper=0
WallpaperStyle=10
```

Advanced Windows Users Only - don't do this unless you know how to restore your original theme!
Copy the contents of the theme panel and paste into a notepad file. Then save the file as **dso_theme.theme** (be sure to remove any .txt file extension or save as file type "All files") and then double click the downloaded file. You will need to ignore the warnings to set this colour as your theme background. If you edit HighContrast to 1 or more using notepad it will colour more things but will affect **everything** and can mess up some contrasts.
Download High Contrast Theme ☑

Sample ScreenRisk Report below

ScreenRisk

Display Screen Optimisation

Screen Report

```
[Theme]
DisplayName=DSO Colour Theme

[Control Panel\Colors]
Window=205 255 255

[Control Panel\Desktop]
Wallpaper=%SystemRoot%\web\wallpaper\Windows\img0.jpg
MultimonBackgrounds=0
PicturePosition=4
TileWallpaper=0
WallpaperStyle=10

[VisualStyles]
Path=%ResourceDir%\Themes\Aero\Aero.msstyles
ColorStyle=NormalColor
Size=NormalSize
```

Advanced Windows Users Only - don't do this unless you know how to restore your original theme!
Copy the contents of the theme panel and paste into a notepad file. Then save the file as **dso_theme.theme** (be sure to remove any .txt file extension or save as file type "All files") and double click the downloaded file to set this colour as your theme background. (You will need to ignore the warnings. If you edit HighContrast to 1 or more using notepad, it will colour more things but will affect **everything** and can mess up some contrasts.
Download High Contrast Theme

Even mild fatigue will seriously impair overall alertness and cognitive capacity, thereby increasing the risk of errors and mishaps over time. Screen Fatigue is a problem for all ages as display screen equipment commands our attention in almost all our waking hours.

The Display Screen Optimiser has identified that you may benefit from adjusting your screen background colours to reduce Visual Stress and improve your visual stability when reading large volumes of on-screen text.

Access to your display screen has improved by 47%

The colours you should set your to screen are: Red: 205 Green: 255 Blue: 255 Best Hex Colour: #cdffff

This will ease eye-strain, improve accessibility to data on your screen and reduce the progressive risk of tolerating and/or persevering with the following:

- mild to more serious visual discomfort
- increased frequency of visual breaks
- blurred vision if you persist on-screen
- aching eyes, headaches and/or migraine aura
- increased error rate and/or mishaps
- neck, shoulder and back pain

GRAPHS OF PERFORMANCE

KEY

Red	———
Green	———
Blue	———
White	———
WPM/10	———
Time	———
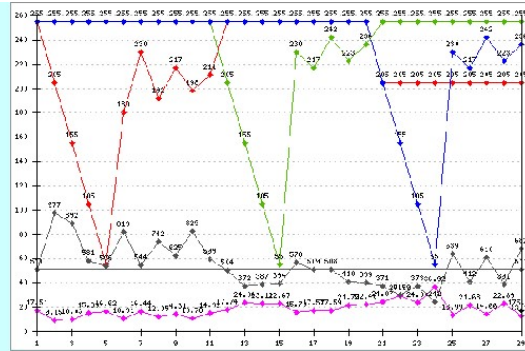
To alter your screen settings for this computer please follow this link to the BBC website's "My Web My Way" advice. You may also want to change background colour settings in your browser.

We realise that you may use your screen(s) in conditions where natural and artificial light cannot be precisely controlled. Nevertheless, by customising or adapting the screen settings, our subjects still report a measurable reduction in eye-strain and visual stress.

Moving forward

Studies have proven even mild discomfort reduces the efficiency of work, and thereby productivity. There is also now little to no doubt that workers using computers as part of their daily work will suffer, to a greater or lesser extent, from visual discomfort, eye-strain, Computer Vision Syndrome (CVS), Screen Fatigue and, over time, Work related Upper Limb Disorders (WULD's) or Muscular Skeletal Disorders (MSD's).

Health and Education professionals have suggested the need for teachers and students to be conscious of the problem when using computers. As the use of computers has become universal in higher education institutions and the workforce, the prevention of eye-strain, Computer Vision Syndrome or Screen Fatigue and associated discomfort, harm or injuries should be made part of the mainstream risk management.

It is not a problem founded in the individual's vision: rather it's the way the user's computer screen is initially set up. All people are different, all computer screens are not the same and some will need optimising for the operator.