

COURSE GUIDE



**ONLY
£29.00**

WORKPLACE SAFETY:

**DISPLAY SCREEN EQUIPMENT (DSE)
INTERACTIVE TRAINING COURSE**

Why do I need this course?

The use of Display Screen Equipment has rapidly become part of everyday life and we are all exposed to their harmful effects. This course will cover various important topics regarding display screen equipment (DSE) and how to adjust your workstation to suit you.

What's covered in each course chapter?

There are four chapters to this course which will each cover the following:

1. Hazards & Risks

- Musculoskeletal disorders
- Fatigue
- Stress
- Eye and eyesight problems

2. The Workstation

- Adjusting your workstation
- Good working posture

3. Working with Portable DSE

- Potential hazards
- Avoiding hazards

4. Stretches

- Simple stretches
- Posture

What are the benefits of the course?

As stated in the Health and Safety (Display Screen Equipment) Regulations 1992, each and every employer has a duty of care to ensure that workstations have been analysed for risks and to ensure that the correct measures of control are in place.

At the end of the course, trainees will be able to recognise the hazards and risks of poorly used DSE. By understanding the importance of assessing and adjusting your workstation, your staff will feel more comfortable when using DSE which is likely to boost productivity. Furthermore, this course can help keep your business compliant with current working legislation.

How will the course work?

This interactive course will be delivered online to users who can study from their own computers or portable device from anywhere they choose.

The course makes use of modern illustrational graphics to ensure it remains engaging throughout, and users will also be quizzed throughout the process, testing their knowledge at certain points along the way. This will be in preparation for a compulsory self-test at the end of the training course.

Each user will receive informative advice and guidance wherever needed, and the course also features a risk checklist which asks the user a series of questions relating to their current working environment.

Upon successful completion of the course, trainees will receive a certificate which can be downloaded at no extra charge.

Course Length:

30-35 minutes

Price:

£29.00

