

Display Screen Equipment Awareness

Whether you work with a desktop computer, laptop or handheld device, it is legally required that your employer provides training to help you understand the potential health risks of this type of work, as well as how best to avoid them. Our DSE training course will show you how to carry out a DSE risk assessment, as well as better arrange your existing workplace equipment to minimise common negative symptoms associated with extended periods of time spent at a computer (such as eye strain, backache, etc.)

It includes an interactive office setting where you can identify potential DSE problems that could cause health risks and also teaches you some simple exercises that can be done at a desk to relieve muscle aches and tension.

Key Features & Benefits of this Course

- Complete this online course in just 25 minutes!
- Show commitment to The Health and Safety (Display Screen Equipment) Regulations 1992
- Learn to identify and understand risks associated with DSE, as well as how to perform a risk assessment
- Improve your workplace health and safety
- 20 question, multiple choice test and certificates on completion

Contents

1. Physical - At Your Desk

In this section, we take you through your workstation set-up – from your chair right through to your monitor and desk equipment. You'll learn how to achieve and maintain a good posture while you work, and you'll learn how to best avoid the health complications associated with an unclear workstation and sitting or standing for too long.

2. Visual - Looking After Your Eyes

Our second section teaches you how to look after your eyes when you're using DSE. It's crucial to take regular eye breaks and to check that your computer screen and any office lighting or glare don't cause eye-strain or headaches.

3. DSE Stress

Stress is often the outcome of using DSE incorrectly, or not giving your body the breaks or changes in activity that it needs – so this section explains how you can stay relaxed AND productive at work. We also include some optional ‘deskercise’ stretches that can be completed to relieve tension and stress.

4. Portable Devices

Our fourth and final section explains how to carry and use portable equipment when you’re on the move or working away from your workstation. We cover smart phones, laptops and tablets. We also include a risk assessment for you to complete after your training– to ensure that everything you use is set up correctly.

This DSE Training (Display Screen Equipment) course concludes with a 20 question multiple choice test with a printable certificate. In addition, brief in-course questionnaires guide the user through the sections of the training and are designed to reinforce learning and ensure maximum user engagement throughout.