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Display Screen Equipment (DSE) Awareness

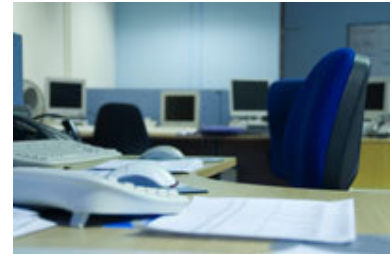
This course aims to reduce the risk to work related upper limb disorders from the use of display screen equipment. Most staff use a PC as part of their normal working routine, the course reviews the health and safety concerns linked to PC's and offers practical advice on risk assessment. The course satisfies the legal requirements of the Display Screen Equipment Regulations 1992 to provide training to staff.

Who should attend? All personnel who use PC's as part of their employment.

Prior Knowledge An awareness of Health & Safety issues would be an advantage but not essential.

Course content

- Definition of Ergonomics
- Setting up a workstation correctly
- Completing DSE self assessment
- Common hazards and solutions
- Eye sight testing
- Space layout
- Environment
- RSI, WRULD and eye strain
- Practical exercise, setting up of workstation
- Course summary and close



Duration of course ½ Day

Materials Course Handout

Intended outcome Delegates who successfully complete the course will receive the Sage Certificate of Display Screen Equipment Awareness Training.