

Display Screen Equipment (DSE) Awareness



Course name

Display Screen Equipment (DSE) Awareness

Target audience

All

Course duration

½ day

Max number of delegates

15

Venue

Brighton, East Sussex OR suitable venue of your choice

Cost

Phone for quote

Certificates

Certificate of attendance

Tailoring

This course can be tailored to suit specific requirements.

Course overview

A half-day course for all personnel who use display screen equipment. The course satisfies the legal requirement from the Display Screen Equipment 1992 regulations to provide training to staff.

Topics covered

- Definition of ergonomics
- Setting up the workstation correctly
- Completing a DSE self assessment
- Common hazards and solutions
- Eye and eye sight testing
- Space layout
- Environment – lighting, air flow and humidity
- Keyboard and mouse
- RSI, Eye Strain and WRULD
- Adjustment of chair