



## Course Syllabus

### DSE (Display Screen Equipment) Assessment Training

The aim of this course is to give staff an understanding of the DSE Regulations that apply to people whose work involves the regular use of display screen equipment, making this course suitable for anyone who uses DSE for a significant part of their normal working day.

All employers must ensure that workers are protected from harm in the workplace, including making sure that their DSE workstations are ergonomic and comfortable to use. This training course will aid individual staff members to evaluate their workstation and become more knowledgeable about workplace health and safety.

The course covers the following topics:

- **Introduction to DSE** – what is DSE, the health risks, DSE Regulations, the Health and Safety at Work Act 1974, why is training important and what do workers need to know?
- **DSE Assessments** - what is a DSE assessment? DSE assessors, identifying the DSE hazards, deciding who may be harmed, evaluating the risks and implementing controls, recording findings and reviewing and updating the assessment.
- **How to Set Up Your Workstation** – the keyboard, the mouse, the display screen, software, your chair, the work surface, the work environment, laptops and tablets and the HSE workstation checklist.
- **Improving Posture and Wellbeing** - head position, upper and lower back, arms and wrists, legs and feet, take a break, stretch, fatigue and visual problems.

By the end of this course learners will:

- Understand why training in DSE is important to health and safety.
- Have knowledge of what is contained in the DSE legal regulations.
- Know how to undertake a DSE assessment of their workstation.
- Understand how to set up the workstation correctly so as to avoid health problems.
- Understand how to improve posture and wellbeing so that working with DSE becomes more ergonomic.

A certificate of attendance will be awarded to all candidates who successfully complete this course.

### Next Steps?

Contact Learning & Development team at Aspen Wolf Ltd on 0191 581 1000 to discuss your specific training needs.