

Display Screen Workstation Assessment

Introduction

This engaging and Interactive course will ensure your employees know how to comply with Display Screen Equipment (DSE) regulations.

PLEASE NOTE:

When you have completed this course click on the "Workstation self-assessment" link in the useful links section to be taken to the online DSE Self Assessment form on the Virtual Learning Environment



Audience

All display screen users

Objectives

This course will enable you to:

- Explain the risks associated with working for long periods at a display screen
- Set up a work area correctly to reduce back and neck strain, eye strain and musculoskeletal disorders
- Use an interactive checklist to ensure the working position remains correct when factors alter
- Respond correctly if RSI or MSD are suspected
- Reduce the risks associated with using smartphones and tablets
- Manage flexible working environments safely

Content

Some topics covered in this course:

- Set up workstation correctly
- How to adopt a good posture
- How to set up laptops correctly
- How to set up tablets correctly
- Simulated Working Environment