Display Screen Equipment (DSE) Course Overview.

Our Display Screen Equipment (DSE) Awareness training course raises awareness of the dangers that working with DSE can present and some simple steps that can be taken to reduce the risk of injury or ill health. The course covers what Display Screen Equipment is, key legislation, key responsibilities, the potential harmful effects from DSE use, risk assessment, setting up a workstation correctly and maintaining wellbeing.

Prolonged use of display screen equipment (DSE), such as computers, tablets, and other digital devices, can lead to health issues, including eye strain, musculoskeletal disorders, and fatigue. Our DSE Training Course is designed to help employees and employers understand the risks associated with DSE use and how to create a safe and comfortable workstation.

Course Objectives.

- Understand the health risks related to prolonged DSE use.
- Learn how to set up a workstation ergonomically to reduce strain.
- Recognise the importance of posture, breaks, and movement.
- Identify the legal requirements and employer responsibilities for DSE users.
- Understand how to adjust screens, chairs, keyboards, and other equipment for comfort and safety.

Who Should Attend?

This course is ideal for office workers, remote employees, and anyone who regularly uses display screens as part of their job. It is also valuable for managers and health and safety representatives responsible for employee well-being.

Course Format

- Interactive presentations and discussions.
- Practical demonstrations of workstation setup.
- Case studies and real-world examples.
- Assessment and certification upon completion.

By the end of the course, participants will be equipped with the knowledge to improve their workstation ergonomics, reduce the risk of discomfort or injury, and maintain a healthier and more productive work environment