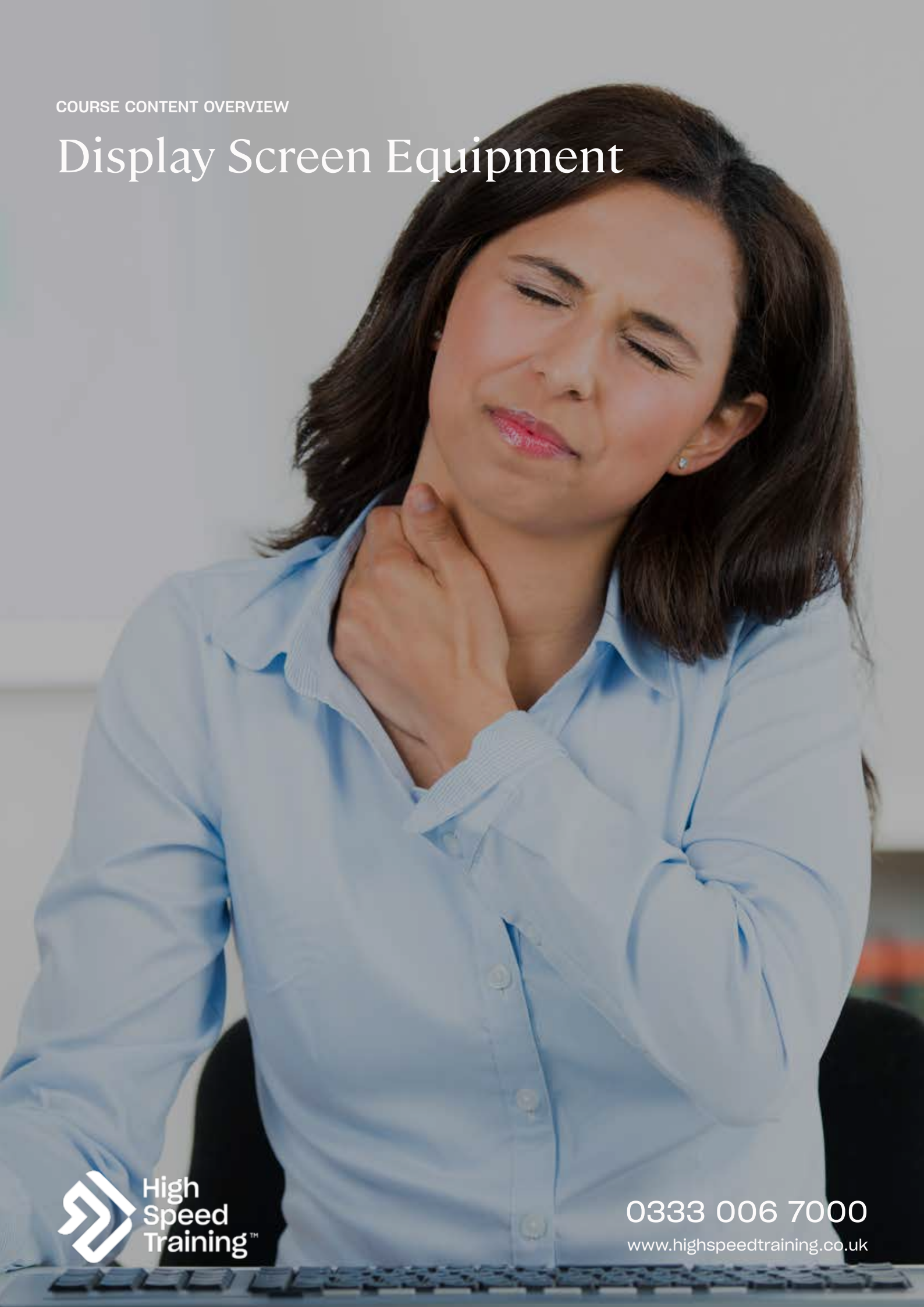
COURSE CONTENT OVERVIEW

Display Screen Equipment



High Speed Training™

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This Display Screen Equipment (DSE) course has been designed for people who use display screen equipment for a significant part of their normal working day. This includes people who work in an office environment, a factory, on a shop floor, or anywhere that involves regular use of a display screen(s).

The course will raise an awareness of the potential health risks that are created by a poorly considered workstation and how to reduce the risks. It outlines how to undertake a DSE assessment and provides guidance on how to set up the workstation correctly and more ergonomically. It also explains the correct posture to adopt when working with DSE to minimise the potential health risks and enhance overall wellbeing.

Module One: Introduction to DSE

This module focuses on what is meant by the term 'DSE' and provides an overview of the law regarding significant use of DSE in the workplace. The module further outlines why an awareness of DSE risks is important for health and safety.

- What is DSE?
- Health Risks
- DSE Regulations
- The Health and Safety at Work, etc. Act 1974
- Why is training important?
- What do workers need to know?
- Employee responsibilities

Module Two: DSE Assessments

This module details each stage of a DSE assessment so that you can assess your workstation, identify potential hazards, and look at what changes need to be made to make your workstation safer and more ergonomic to work from.

- What is a DSE assessment?
- DSE assessors
- Identifying the DSE hazards
- Deciding who may be harmed
- Evaluating the risks and implementing controls
- Recording findings
- Reviewing and updating the assessment

Module Three: How to Set Up Your Workstation

This module explains how you should set up every part of your workstation so as to minimise the chances of developing health problems and improve your overall wellbeing.

- The display screen
- The keyboard
- The mouse
- Your chair
- Software
- The work surface
- The work environment
- Laptops, tablets, and phones
- HSE workstation checklist

Module Four: Improving Posture and Wellbeing

This module looks at the best position you should adopt in order to avoid developing health problems such as Musculoskeletal Disorders (MSDs). It details how your head, back, arms, legs and feet should be positioned and raises an awareness of the importance of taking breaks away from DSE.

- Head position
- Upper and lower back
- Arms and Wrists
- Legs and feet
- Take a break
- Fatigue
- Visual problems
- Visual problems and eye tests

Aims of the training

By completing this course, you will:

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

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