

COURSE CONTENT OVERVIEW

DSE Training for Homeworkers



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This DSE Training for Home Workers course will provide you with an understanding of the hazards associated with incorrect DSE use. You will learn how to set up your workstation correctly to help prevent ill health, such as musculoskeletal disorders. The course will also explain how to adopt good postures to minimise strain when using DSE, as well as other factors to consider, such as the environment you work in and how to minimise eye strain.

Working from home can provide employees with many benefits. With the number of people working from home continually increasing, it's essential that home workers understand how to carry out their duties safely. Display screen equipment (DSE) is used by many people in almost every type of workplace, including by home workers. Employers are required by law to ensure their employees can use their DSE safely, regardless of whether they are working in a workplace or from home.

Module 1: Introduction to Display Screen Equipment

This introductory module explains what DSE is, what hazards it can pose, and what the law requires in relation to DSE and home working.

- The Health and Safety (Display Screen Equipment) Regulations
- Health and safety legislation
- What is display screen equipment?
- What are the health hazards of DSE work?
- Musculoskeletal disorders (MSDs)
- Visual discomfort
- Work-related stress
- Employer duties
- Employee responsibilities

Module 2: How to Set Up Your Workstation

This module explains how to correctly set up your DSE in line with best practice guidance. It also details further aspects you should consider, including software, lighting, and the surrounding area.

- Display screens
- Keyboards
- Mouse
- Phones
- Chairs
- Desks
- Standing desks
- Work environment
- Software
- Laptops, tablets, and smartphones
- DSE checklists

Module 3: Improving Posture and Wellbeing

This module explains how to correctly position your body when using DSE, as well as some simple ways to prevent and relieve strain when working with it. It also looks at the importance of using your DSE correctly to minimise visual strain and eye fatigue.

- Head position
- Upper and lower back
- Hands, arms, and wrists
- Legs and feet
- Rest breaks
- Eyesight
- Eye tests

Aims of the training

By completing this training, you will understand:

- What employers are required to do for their workers under the Health and Safety (Display Screen Equipment) Regulations.
- The common health hazards associated with DSE work, including musculoskeletal disorders, visual discomfort, and work-related stress.
- What makes DSE ergonomic and how to set it up correctly. This includes display screens, keyboards, mice, phones, chairs, desks, and laptops.
- What factors of the work environment and software can also affect how ergonomic your setup is.
- How to maintain a good posture when using your DSE, as well as what simple movement and exercises can help to relieve strain throughout the day.
- The importance of taking rest breaks when you work with DSE, so you can stretch and change position.
- How to minimise visual fatigue and what your employer is legally required to do regarding eye tests.