



# Display Screen Equipment

This course explains everything to do with display screen equipment (DSE) and the risks they pose. When working at a desk for extended periods of time, it is important to ensure the work station is planned in order to avoid stress and strain on the user.



In this DSE course we will be looking at the definition of DSE and the work station, as well as the health risks that can be caused by spending extended periods of time using display equipment. We will look at the responsibilities of the employee which ties in with the Health & Safety at Work Act 1974, as well as the regulations and requirements when using DSE. Assessments on work stations will be explained, as well as how to plan the perfect environment to avoid stress and strain on DSE users. Finally, it will also explain how users should adopt healthy postures and apply safe techniques.

This course is perfect for anyone working in an office environment. It covers the risks and best practices to ensure staff are knowledgeable about DSE injuries and able to put measures in place to reduce the risks of any issues.

## COURSE CONTENTS

The course covers the following four elements:

- Unit 1 – Introduction to DSE
- Unit 2 – DSE Assessments
- Unit 3 – Planning the Perfect Workstation
- Unit 4 – The User's Wellbeing

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# WHAT RESULTS CAN I EXPECT?

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.



# WHO SHOULD TAKE THIS COURSE?

The DSE Regulations apply to anyone whose work involves the regular use of display screen equipment. This Display Screen Equipment course is therefore suitable for anyone who uses DSE for a significant part of their normal working day, whether that be in an office, a factory, on a shop floor, or any other environment where DSE work is essential.

It provides the learner with an awareness level of knowledge, meaning they will understand how to set up their own workstation ergonomically and follow safe practices.

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