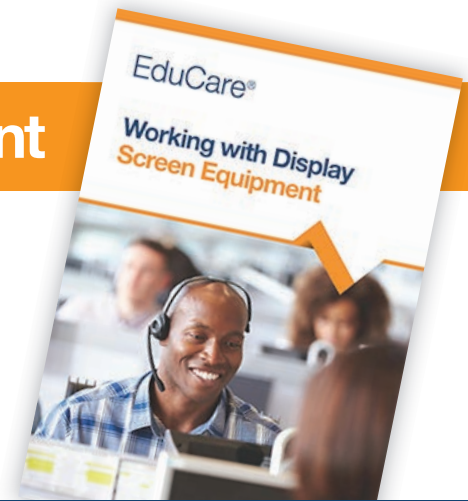


Working with Display Screen Equipment

Display screen equipment (DSE) is common throughout the workplace. However, it can lead to spending long periods sitting looking at a screen and using a keyboard. This course aims to help you understand the risks in using it improperly, your employer's duties and what you should do to ensure your health and safety when using display screen equipment.



Course details

- Level 2 course (as graded against the nationally accepted levels)
- One module with a multiple-choice questionnaire
- One CPD credit*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

- Understand what Display Screen Equipment (DSE) includes and who the Health and Safety Regulations apply to.
- A look at the risks of working with DSE and how these can easily be avoided by setting up your workstation correctly.
- An in-depth look at some of the conditions that can result in discomfort as well as cause or aggravate already existing conditions, such as upper limb disorders, backache, temporary eye strain, fatigue and stress.
- Information on the responsibilities of your employer as well as your responsibilities when it comes to planning your work.
- Details on setting up your workstation including information on your chair and ideal seating position, your desk and settings you can change on the screen to improve readability.
- A final look at other areas to consider including lighting, noise, thermal conditions and software.



This course is suitable for

Anyone who works for extended periods of time with display screen equipment.

Contents

What are the risks? ⚠️

The risks from DSE work are actually quite small and are easily avoided provided your workstation is set up correctly and you know what to do to reduce risks to yourself, for example, taking regular breaks away from the equipment.

Poor work design and a lack of awareness of the correct way to set up a workstation can result in discomfort and cause or aggravate conditions. Click the icons on the right to see some examples.

Fatigue and stress

Backache

Navigation icons: Home, Back, Forward

Key features

- Visually engaging and highly interactive
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning including a self-assessment checklist to enable you to assess your own workstation and working arrangements.

Contents

Visual problems

Working with DSE cannot damage eyesight. It can, however, highlight an existing problem and prolonged periods of working with DSE can lead to symptoms of visual fatigue.

Problems can include eye discomfort such as dry, itchy, aching or tired eyes, difficulties with focusing or perception of the image. Postural problems may also result from visual difficulties if the user adopts an unnatural position in order to see the screen more easily.

Click the eye below

Navigation icons: Home, Back, Forward

Pricing options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our multi-course licence. For further information, please call 01926 436212 to discuss purchase options and licences.

Contents

The ideal seating position

It is recommended that you sit with a straight back and at a height which allows your lower arms to be horizontal when typing, with an approximate 90 degree angle at the elbow. Your eyes should be at roughly the same height as the top of the DSE casing and your feet should be flat on the ground. If your feet do not touch the ground a footrest will be necessary. If you sit too high or too low you will be forced to type with bent wrists or in a hunched or stooped position, which can cause discomfort in your wrists, arms, shoulders, neck or back. The recommended seating position is illustrated in the diagram on the right.

Navigation icons: Home, Back, Forward



Why choose us?



“ EduCare provides a clear and simple mechanism to train staff in a variety of crucial and mandatory areas. Staff numbers continue to grow and time to deliver training face to face is becoming ever scarcer due to increased legislation. ”

Phil Wise
Reading Blue Coat School

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