



ouch Health & Safety Training

DSE Awareness Training

This course introduces students to the hazards associated with the incorrect use of Display Screen Equipment, the risks involved, controls available and what to expect from a DSE assessment. The course prepares delegates to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors. The course includes the practical elements of DSE use and work-station set up.

Who is it for?

Any members of staff who use Display Screen Equipment as a part of their daily work routine, including laptops and other hand-held equipment. DSE operators, word processor operators, computer programmers, typists, filing and data entry clerks may be at particular risk.

Topics covered

- Legislation
- Responsibilities
- Risk Assessments and pre-assessment questionnaires
- Symptoms of ill-health and how to report them
- Awareness of risks
- Work-station set up
- Correct posture

Course objectives

Successful delegates will be able to appreciate the importance of working safely with Display Screen Equipment. They will be able to assist management in the formulation of risk assessments and the implementation of control methods.

Assessment

On completion of the course delegates will complete a 10 question multiple choice examination. All delegates will receive a certificate of attendance.

Duration

2-3 hours. This course can be run in-house for up to 12 delegates.

For a safe alternative call: **0800 389 1314**

Website: **www.ouchtt.co.uk**