



Who is this for?

This free awareness course is ideal for staff who are regularly required to use Display Screen Equipment in the workplace and could be an excellent means to develop healthier habits at computer workstations.

Overview

Computer workstation users are at risk of strains and long-term injury through poor postural habits and extended usage. This short awareness course provides an accessible starting point to improve worker health related to DSE.

Materials covered are compliant with the Display Screen Equipment Regulations 1992, UK - Upon successful completion, workers will be able to assess their workstation and prepare a risk assessment based upon its configuration and their own personal requirements. Ensuring maximum comfort and long-term safety.

The course is specifically designed to streamline understanding of the various areas of risk surrounding DSE, being an experience which can be quickly absorbed while remaining memorable.

Did you know?

Want to take things further? The SHEilds Manual Handling course is an excellent follow-up, helping workers involved in lifting and moving equipment, goods or furniture to do so with reduced risk.

At a Glance

NQF Level	All employees	
N/A		
Study Time	Course Access	Average Completion

Examinations

Available online, anytime

Online Exam	No Practical

Further Development

	Equivalent Qualification Awareness Course
	Further Development Manual Handling/ IOSH Working Safely

Membership

N/A			
-----	--	--	--

Learning Outcomes

- ✓ Understanding of what Display Screen Equipment means
- ✓ Ability to identify H&S legal requirements that apply to DSE
- ✓ Ability to outline common hazards and risks related to DSE
- ✓ How to set up a typical workstation safely
- ✓ How to set up a remote workstation safely