

DSE – display screen equipment and workstation assessment

Overview

A thorough, highly practical, grounding in how the Health and Safety (Display Screen Equipment) Regulations 1992 apply to work-related activities.

Training objectives

This course will give participants an understanding of:

- The importance of DSE assessment and risk reduction
- The requirements of Health and Safety (Display Screen Equipment Regulations 1992)
- The principles of DSE work posture
- Risk assessments applied to DSE work
- Potential health effects of DSE work

By the end of the workshop, the participants will be able to:

- Identify the hazards and risks from DSE work
- Explain how ill health can result from poor DSE use
- Explain the importance of good posture when using DSE
- Complete DSE self assessment questionnaires
- Explain the company procedures for reporting DSE issues and requesting eye sight tests

Audience

Appropriate for anyone who has responsibility for health and safety in the workplace – and particularly for anyone responsible for the health and safety of others under their line management control. Also very useful for any staff spending significant amounts of time at their desks, workstations, etc.

Applicable to:

- Managers, supervisors and safety advisers
- 'Sedentary' office staff

Format

A thoroughly practical half-day programme, limited to a maximum of 16 participants, based on formal presentation and extensive 'hands-on' exercises.

For maximum value, this programme can be presented twice in the same day to accommodate groups larger than 16. Alternatively, it can be combined with another half-day programme (eg, fire risk assessment, manual handling, working at height, movement of people and vehicles).

Special feature

If required, this course can be accredited by IOSH.

The expert trainer

Philippa is a Senior Consultant with one of the UK's leading health and safety consultancies and is a fully qualified health and safety professional (BSc, MIOSH, Dip2OSH, AMRSC). She started her career as an analytical chemist and has worked in manufacturing and research and development environments. She became more involved in the health and safety aspects as her role developed and made the switch to a full-time role in occupational health and safety in 1999. As a consultant, she has broad experience in audits, workplace inspection, training and consultancy advice on legislative compliance and meeting best practice, for a variety of industry sectors. She specialises in training,

risk assessment, COSHH assessment and health and safety management systems and is a registered IOSH and NEBOSH certificate trainer. Her enthusiasm for health and safety, her experience in industry and her practical approach allow her to deliver highly interactive and enjoyable training courses, as the following comments from course participants bear witness:

'Excellent presenter maintained interest and contact with audience for whole day.'

'I would recommend this course to others.'

'Very good discussions, very helpful tutor.'

'Entertaining and informative.'

'A very good course with a thoroughly charming presenter. Well done! A pleasant surprise.'

'Professional and precise.'

Course outline

1 Introduction

- Course objectives
- Why worry?
- The Health and Safety (Display Screen Equipment) Regulations 1992

2 Posture

- Eye level
- Back
- Hands and wrists
- Feet and legs
- Seating
- Health effects of the wrong posture
- Planning your work
- Exercises

3 Self-assessment and reporting process

- Self-assessment forms
- DSE reporting process

4 Practical exercises in DSE workstation assessments

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Email: info@in-house-training.com