

DSE



Introduction

This module covers, the different types of DSE, potential hazards and risks with DSE, keeping your workplace safe, using portable DSE and understanding how simple stretches can help you. The aim is to help reduce the number of DSE related illnesses and accidents in the workplace and to promote good attitudes amongst the staff.

Course Overview

At the end of the course, trainees will be able to:

- » Understand the different types of DSE and the best ways in which to use them.
- » Recognise the potential hazards and risks that come with using DSE.
- » Take action in keeping your workspace safe.
- » Know what to keep in mind when using portable DSE.
- » Understand how performing simple stretches can improve your experience while working with DSE.

Course chapters

1. Hazards and risks

This section will cover the hazards and risks of DSE including, musculoskeletal disorders, fatigue and stress as well as eye and eyesight effects.

2. The workstation

This section will cover why your workstation is important including, assessing and adjusting you workstations as well as additional equipment.

3. Working with portable DSE

This section will cover what the hazards with portable DSE are including, what portable DSE is, health and safety hazards as well as what you can do to avoid hazards.

4. Stretches

This section will cover the stretches you can do that will help prevent stiffness in your arms, shoulders, neck, hands, wrists and back.

Who will it benefit?

This course is designed for those who want to learn about the risks and hazards to look out for when working with Display Screen Equipment in your working environment, either in the office or on the move with portable DSE.

