

WORKSTATION SETUP ASSESSMENT



Introduction

This assessment will make you aware that it's important that you assess your working environment so that you can be sure that you are not putting yourself at any risk.

Course Overview

This course looks at how you can setup your workstation so that you can be as comfortable as possible and so that it can help you avoid any future health problems.

At the end of the course, trainees will:

- » Understand the importance of setting up your workstation.
- » Identify correct use of DSE equipment.
- » Understand the importance of taking breaks whilst working in front of a screen.
- » Identify the importance of correct posture.

Course chapters

1. Workplace

Find out how to set up your workstation correctly in order to prevent future health problems.

2. DSE equipment

This section will help you assess the way you position and use your DSE.

3. Posture and breaks

Find out how important it is to take breaks whilst working and how to keep a correct posture.

Who will it benefit?

Everyone who sits at a workstation on a day to day basis.

Course Format: Interactive
Running Time: 10-15 minutes

