

Display Screen Equipment (DSE)

Are you sitting comfortably?

Every day hundreds of thousands of us spend multiple hours using display screen equipment (DSE), a computer at work, a laptop or tablet at home, with little regard for the health problems it may cause us. From postural issues to eye strain, repetitive strain injury to headaches - if you're using display screen equipment regularly you may suffer from one or more of these conditions. The good news is that there are steps you can take to make working with DSE as comfortable as possible. This course outlines the steps you should take.

The course

Highfield's Display Screen Equipment (DSE) Short Course is designed to ensure that users of DSE set up their work stations effectively and ergonomically, avoiding the health risks associated with their use.

Learners undertaking this course will learn what DSE is, the health risks associated with its use, how to use DSE appropriately and the importance of correct posture and regular breaks. Finally, the course will outline the kind of support employers should provide for users of DSE at work.

Areas covered

- What is DSE?
- DSE health risks
- Workstation design
- Correct working position for DSE
- Portable equipment
- Identifying risks and safe working practices
- Eye tests and eyewear
- Assessing DSE

Who is it aimed at?

Any employee or manager who works with display screen equipment, such as display screens, laptops, touchscreens and other similar devices. This course can be used as a stand-alone module or included in an induction programme. It may also be useful as part of the on-programme phase of the new apprenticeship standards, helping apprentices integrate into the workforce effectively and efficiently.

Key details at a glance

Duration: 20 to 40 minutes
Audience: All employees, managers or apprentices who work with display screen equipment
Prerequisites: No prior knowledge needed
Assessment: Multiple-choice questions
Certificated: Yes - Highfield Completion Certificate
Demo: Yes
LMS: Yes
Compatibility: Yes
PC: Internet Explorer 11, Microsoft Edge, Google Chrome, Mozilla Firefox
Apple iMacs/Macbooks: Safari, Google Chrome, Mozilla Firefox
iPads: Safari, Google Chrome for tablets
Android/Windows - based tablets: Google Chrome for Tablets, Mozilla Firefox, Microsoft Edge, Internet Explorer 11
NOTE: *Enabling JavaScript and a stable broadband connection are required.* Tel: 0845 226 0350 Email: support@highfield.co.uk
Details available on request UK and EU legislation, but suitable for international businesses that trade with the UK and EU and may be subject to the legislation.

Support:
Translation:
Localisation: