

# Display Screen Equipment (DSE)

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.

## 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 - 40 minutes

### ASSESSMENT

Multiple-choice questions

### CERTIFICATED

Yes - Highfield Completion Certificate

### SUPPORT

02030 393005

[admin@residentialsprinklerassociation.org.uk](mailto:admin@residentialsprinklerassociation.org.uk)

### TRANSLATION

Details available on request

### LOCALISATION

EU legislation within a UK context, but suitable for international businesses that trade with the EU and will be subject to the legislation.