



DSE (Display Screen Equipment) - Train the Trainer Course

This is a full day (6 hours) aimed at employees who will use their new skills back to their workplace to train the whole workforce to ensure continued implementation of good practice.

This course focuses on the identification and assessment of risks arising from DSE use. It will also consider how to reduce risks by employing appropriate measures.

The course covers the following topics:

- Introduction and clarification of the relevant health & safety legislation including the Health & Safety Display Screen Equipment (DSE) regulations 1992 and its revised 2002 version
- Outline of the main mechanisms of work-related musculoskeletal disorders
- Basic anatomy and biomechanics with focus on the office environment
- Guidelines on seating and workstation set-up and how to identify individual risk factors to achieve good working posture
- Introduction of ideas related to organisation of desk and surrounding areas as well as benefit of breaks
- Introduction of visual problems associated with DSE use
- Psychological issues associated with DSE use
- Practical sessions to put into place the theory
- Case studies

Maximum class size 12 participants

Handouts and certificates of attendance are included with this course.