

INTRODUCTION TO DISPLAY SCREEN EQUIPMENT (DSE)

NEW ONLINE TRAINING



This is an e-learning course.
Registration on this course will last 12 months.

£14 + VAT per delegate

Brief Overview:

An important element of Health & Safety in the workplace is the set up of your workstation and your posture.

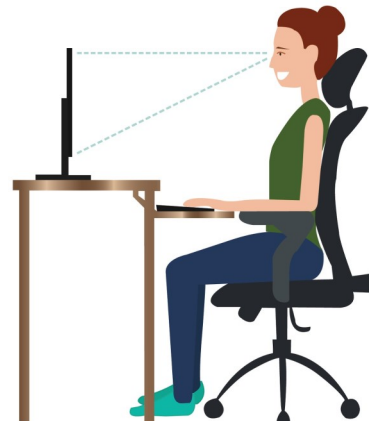
Display Screen Equipment (DSE) is any device with a screen and some sort of keyboard. This includes smart phones, tablets, laptops and regular desktop computers.

Learning Objectives:

This course enables you to assess your own workstation, to make sure it is set up and safe as it can be.

By the end of the course you should be able to:

- Understand the importance of DSE workstation assessments
- Identify whether you are a high, medium or low risk user
- Recognise the effects of poor posture
- Adjust your posture so you have a good posture while working
- Carry out a DSE risk assessment



To Book: Complete the standard EALC booking form and send to **pearl.willcox@ealc.gov.uk** who will then register you with Nimble. Once processed you will receive joining instructions and your Council will then be issued with an invoice.