



Please note that this outline is only intended as a guide and that any event can be customised to suit you.

Events are run using a mix of trainer-led sessions, hands-on practice and group discussions.

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Display Screen Equipment

(1/2 day)

“Under Health & Safety law you must ensure that DSE, input devices and furniture are easy to adjust to the individuals needs.”

Benefits

Unless used with care, employees who regularly work with display screen equipment (DSE) face the risk of aches, pains, eyestrain, headaches, stress or back pain, which can lead to time off work and lost productivity.

Aim

To ensure that DSE users work in a safe and comfortable manner through good workplace design and sensible working practices.

Objectives

By the end of the training you will be able to...

- Recognise the potential ill-effects of using DSE inappropriately
- Identify the correct screen size for a particular use
- Demonstrate how to...
 - adjust computer screens to meet individual needs
 - check and change the screen resolution, character size and refresh rate in Windows
 - adjust the screen brightness and contrast to acceptable levels
- Describe how to minimise glare and reflections
- Demonstrate the correct adjustment and location of the keyboard for safe and comfortable use
- Demonstrate the correct use of ‘pointing’ devices for safe and comfortable use
- Appreciate the need for good ergonomic layout of the workplace and the need for regular breaks from the screen and keyboard (with special reference to HSE guidelines)

Content

- Practical hands-on activities with short, tutor-led sessions and review checks
- Developing an action plan for work place improvements