
DSE Training (Display Screen Equipment)

For more information, visit our [DSE Training_\(Display_Screen_Equipment\)](#) webpage.

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Physical
- 2 Visual
- 3 Stress
- 4 Portables

LEARNING OUTCOMES

- ✔ Learn how to set up your workstation correctly and stop bad habits
- ✔ Learn how to use portable devices (included in DSE) correctly
- ✔ Prevent 'DSE Stress' and become more productive at work as a result of good DSE

ABOUT THIS COURSE

Anyone who regularly uses a computer **legally requires DSE Training**, this is also commonly referred to as 'Computer Health and Safety Training' or 'VDU (Visual Display Unit) Training'. DSE also refers to laptops, tablets, TV screens and even smartphones.

It's no wonder this type of training is a legal requirement when you consider the HSE reported that in 2017/18, **469,000 workers suffered from work-related musculoskeletal disorders**. Taking just 30 minutes to complete, our DSE training course will show you how to carry out a **DSE risk assessment (DSE Risk Assessment included for free)**, as well as how to better arrange your existing workplace equipment to minimise common negative symptoms associated with extended periods of time spent at a computer (such as eye strain, backache, etc.)

Whatever the type or size of your company, all your employees who sit at a computer for any part of their working day should have Display Screen Equipment training. This course has been designed to increase safety and awareness and to aid compliance with workplace regulations. This DSE training programme ensures that your employees understand how best to take care of their health by ensuring that their immediate working environment is the best it can be.