



# DISPLAY SCREEN EQUIPMENT ASSESSORS COURSE

## Background

The Health & Safety (Display Screen Equipment) Regulations 1992 (Amended 2002) require employers to assess the use of all DSE workstations used in the workplace to ensure that they meet minimum requirements, and to ensure that any health and safety risks through the use of DSE workstations are minimised, so far as is reasonably practicable.

Properly conducted DSE Assessments not only ensure compliance with the 1992 Regulations, they also help combat musculoskeletal disorders, repetitive strain injuries and reduced concentration levels that can be exacerbated by poor work station design.

## Target Audience

This course is designed for those who are, or could be, involved in assessing the DSE workstations. This includes line managers and supervisors, health & safety representatives and those responsible for IT and purchasing equipment.

## Aim

To teach the practical skills needed to carry out DSE assessments in the workplace, the risks to DSE users and ways in which these risks can be minimised. In-house courses will be built around the organisations own DSE assessment procedure.

## Course Content

- Legal requirements
- Main risks, including musculoskeletal disorders
- Environmental factors and workstation requirements
- Ergonomic principles
- Practical assessment exercises
- Implementation strategies
- Practical exercise leading to assessors' certificate.

Upon successful completion of the training programme, participants will be able to;

- Identify the causes of physical office problems and the risks with poor posture
- Recommend appropriate modifications to improve the working environment
- Understand and relate to the appropriate health and safety legislation and its significance
- Undertake DSE workstation assessments and complete DSE assessment forms efficiently

## Pre-requisites

BSS require a suitable classroom, complete with OHP, CRT projector, TV and video, Flip chart and pens. Plus a minimum of one DSE workstation. Access to real work situations and equipment will benefit attendees in conducting suitable and sufficient DSE risk assessments.

## Course Details

### Dates

To be arranged

### Timings

9.30 – 4.30

## Fees

BSS charge £575.00 plus VAT per one-day course. A course handout is provided for reference purposes in the future, and this is included in the price.

The client is to provide a suitable venue for the course in a mutually chosen area. A maximum of fourteen candidates is allowed per course. Assuming that there is sufficient equipment available (ideally a minimum of 1 piece of equipment per 3 delegates).

## Testing

Continuous assessment by trainer, plus a short practical test, in the form of an actual DSE risk assessment. Successful participants will receive a certificate issued by BSS.

## Method of Payment

Companies sending delegates on the course are required to pay course fees prior to attending the course. The maximum number of delegates is normally 10-14 per course.

## How is it received?

The course itself involves a significant amount of trainee participation. The content is a combination of both theory and practice.

In presenting the course, the trainer will talk with the trainees rather than at the trainees.