



Display Screen Equipment Awareness

Computer workstations can be associated with neck, shoulder, back or arm pain as well as fatigue and eyestrain. The DSE Regulations 1992 aim to protect people who work with DSE.

Course Overview

Under the Health and Safety (Display Screen Equipment) Regulations 1992, employers are required to ensure that users of computers (VDU) and other items of display screen equipment (DSE) are provided with adequate training on how to use these devices and set up their workstations correctly.

Our Display Screen Equipment Awareness course meets the legal requirement and helps to reduce risks of ill health caused by the use of Display Screen Equipment (DSE).

Course Syllabus

- Raising awareness of hazards associated with display screen equipment (DSE)
- The legal, moral and financial reasons for the appropriate training of DSE users
- Highlighting potential DSE ill health effects such as work related upper limb disorders (WRULD)
- Eyesight and the importance of lighting conditions
- What's the best posture
- How to achieve good posture at the workstation
- How to adapt the workstation in order to optimise ergonomics
- Practical assessment
- Break requirements from DSE
- Mobile DSE risks and risk management

Course delivery options:



Tailored



Open



Online

frequently asked questions...

The Course

Course Delivery	This course is available either as a Tailored, Open or Online Course
Accreditation	ROSPA (Online)
Course Length	1 hour (Online)
Start / Finish Times	To suit
Maximum Group Size	1 (Online) 12 (Tailored / Open)
Tailored to Specific Requirements	Yes - Please provide specific information at the booking stage
Course Material	Hand Outs are provided on the day (except for Online Courses)

Certification

Are certificates issued?	Yes
Valid for?	2 years
Is there an Assessment?	Multiple choice assessment
When / how are they available?	Available for download from the NUK website 2 working days after the course

The Delegates

Prior Knowledge / Prerequisites	None
Needs to bring along	None

The Venue

Course Location	At a venue of your choice or a NUK venue
Venue Requirements	Please inform us of any mobility concerns
Non-NUK Venues	Must have adequate space, lighting, seating, welfare and a 240v socket
Refreshment at NUK Venues	Tea, Coffee, Water and Biscuits are available