

Health and Safety Training

DSE User Training

Approximately two hours

Delivered exclusively on client's own sites

Darkes Barn (West)
Conderton
Tewkesbury
Gloucestershire
GL20 7PP

tel: **0800 121 8710**
email: **hello@hsmc.co.uk**
website: **www.hsmc.co.uk**

Registered at Companies House, number 05244866
VAT Registration Number GB 869 583 947

Course Outline

Display Screen Equipment is universal in all workplaces and is so ubiquitous it is often considered to be without risk or to have only a trivial risk level, which is unfortunately not borne out in reality. The DSE Regs require all users of such equipment (including computer workstation users) to be trained in their safe use, which we can do for you.

This course has the no-cost option of the users completing a DSE risk assessment of their workplace as part of the course.

Course content

Introduction to DSE issues

Discussion of the potential problems which can result from incorrectly positioned or used workstations and the type of injury or ill-health which may result.

Setting up a DSE / VDU workstation

A step-by-step run-through of how to avoid the potential problems discussed in the introduction, including desk, keyboard, chair adjustments, monitor positioning, breaks, resting of eyes, etc.

Practical assessment

To ensure attendees fully comprehend the course content, we will assess one or more workstations as part of the course.

Optional - individual DSE assessments

Attendees can complete a self-assessment of their own workstation as part of the course with the results being discussed in the second part of the course. A summary report will be prepared by HSMC and submitted to the client free of charge as part of the overall package.

Summary

Review of the content including verbal Q&A session to test attendee's understanding of the subject

continued...

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Other information

Numbers per course

Ideally courses should be limited to a maximum of 15 per course if attendees are to complete their own DSE assessments as part of the course.

Prices

We will quote specifically for each client – just drop us an e-mail and receive the quote the same day. Discounts available for multiple courses in one day or for returning clients.

Modular unit?

Yes – this course is available as a modular unit. See website (www.hsmc.co.uk) for details.

Certificates

Certificates are included for all attendees.