Display Screen Equipment Awareness: Ergonomics & Safety

2027 □□□□□□ 10 – 6
Paris (France)



Display Screen Equipment Awareness: Ergonomics & Safety

Ref: 20220222_221526 Duration: Paris (France) Fees: 5900 GBP

Course Description

This comprehensive 1-week course provides essential knowledge and skills for safe and effective use of display screen equipment DSE in the workplace. Participants will learn about ergonomics, potential health risks, legal requirements, and best practices for optimal DSE setup and usage. The course combines theoretical knowledge with practical applications to ensure a thorough understanding of DSE awareness.

Learning Objectives

- Understand the definition and types of display screen equipment
- Identify potential health risks associated with prolonged DSE use
- Learn proper ergonomic principles for workstation setup
- Comprehend legal requirements and employer responsibilities regarding DSE
- Develop strategies to minimize DSE-related health issues
- Apply best practices for safe and comfortable DSE use

Course Modules

Day 1: Introduction to Display Screen Equipment

- Definition and types of DSE
- Common DSE in modern workplaces
- Overview of DSE-related health concerns
- Introduction to ergonomics

Day 2: Health Risks and Ergonomic Principles

- Musculoskeletal disorders and DSE use
- Eye strain and visual fatigue
- Stress and mental health considerations
- Fundamental ergonomic principles for DSE use

Day 3: Workstation Setup and Adjustment

- Proper chair adjustment and posture
- Optimal monitor positioning and settings
- Keyboard and mouse ergonomics
- Workspace organization and layout



Day 4: Legal Requirements and Employer Responsibilities

- Overview of DSE regulations
- Employer duties and risk assessments
- Employee rights and responsibilities
- DSE policy development and implementation

Day 5: Best Practices and Practical Applications

- Effective break and exercise routines
- Adjusting DSE for different tasks and environments
- Mobile device ergonomics
- Long-term strategies for DSE health and safety

Practical Wins for Participants

- Ability to conduct a basic DSE workstation assessment
- Knowledge to implement immediate ergonomic improvements
- Strategies to reduce DSE-related discomfort and health risks
- Skills to educate colleagues on DSE best practices

