



# Display screen equipment basic programme



## **Course Aims**

To enable the employer to comply with Regulation 6 (Provision of training) of the Display Screen Equipment (DSE) Regulations in providing training to users of display screen equipment.

## **Course Objectives**

By the end of this training programme, delegates will be able to;

- 1) Demonstrate good posture to overcome the problem of static loading which leads to fatigue and discomfort.
- 2) Make adjustments to DSE furniture so that stress and fatigue is minimised.
- 3) Arrange workstation components to facilitate good posture and prevent over reaching and avoid glare and reflections on the screen.
- 4) Explain the need for regular cleaning of screens and other equipment and the recognition of defects.
- 5) Explain the need for breaks and changes in activities.
- 6) Describe the employer arrangements for eye and eye sight tests.

## **Who will benefit from this training course?**

Anyone who is or is about to become a 'user' of display screen equipment.

## **Course Outline**

DSE definitions

Mechanics of the spine

Cumulative strain

WRULD's

Visual problems, fatigue and stress

Daily routine for users including rest breaks

Requirements of workstations

Practical arrangement and adjustment of DSE furniture

## **Training Methods**

Lectures, discussions and practical exercises.

## **Delegate numbers**

Up to a maximum of 12 delegates per programme

## **Programme times**

0930 to 1230 and / or 1300 to 1600

## **For more information**

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## **Alan Bunting Dip NEBOSH. Grad IOSH. MIIRSM.**

Trainer and safety consultant, has been involved in training for over 30 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He is a safety advisor to a number of small/medium size businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, general risk assessments, noise risk assessment and hearing tests. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

### **Training sessions include:**

Accident investigation, Asbestos awareness, Compressed air safety, Control of substances hazardous to health, Display screen equipment, Electrical safety, Fire warden training, Hand arm vibration, Human behavioural safety, Human Kinetics, Manual handling, Noise awareness, Permit to work, Provision and use of work equipment, Risk assessment, Safety leadership, Safety Policy, Safe use of lifting equipment, Working at height, Workplace safety, Work related upper limb disorders.

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