



Display screen equipment risk assessment



Course Aims

To enable nominated staff to carry out the risk assessment as required by the Display Screen Equipment (DSE) Regulations.

- 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.
- 7) Outline the information and training to be given to users of display screen equipment.
- 8) List the essential elements of the minimum requirements for display screen equipment
- 9) Carry out and record the findings of a display screen risk assessment.

Course Outline

DSE definitions

Mechanics of the spine

Cumulative strain

Work related upper limb disorders WRULD's

Visual problems, fatigue and stress

Daily routine for users including rest breaks

Requirements of workstations

Practical arrangement and adjustment of DSE furniture

Guidance on workstation minimum requirements

Practical display screen risk assessment

Recording the assessment and recommending controls

Training Methods

Lectures, discussions and practical exercises.

Delegate numbers

Up to a maximum of 10 delegates per programme

Programme times

0930 to 1230 and 1300 to 1600

For more information

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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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