



## Display Screen Equipment Training

These courses are aimed at users of display screen equipment (DSE) and those responsible for assessing display screen equipment. A 'user', is anyone who regularly uses display screen equipment for a significant part of their normal work. In practice, if you use display screen equipment continuously for more than one hour a day, then you're a 'user'.

So what do we mean by display screen equipment?

The first thing most people think of is a computer monitor. But that's not the only thing it refers to. Display screen equipment could also mean laptops, tablet PCs, televisions, smartphones, CNC control pads, portable diagnostic screens or equipment containing cathode ray tubes, or CRTs. The Health and Safety (Display Screen Equipment) Regulations contain special directives covering DSE safety. Both employers and employee-users have responsibilities under the legislation. This course fulfils your statutory training obligations and covers among other things,,, the correct way to set up and use your display screen equipment safely. Reducing the risk of work related conditions.

### Courses

#### 1. Display Screen Equipment Awareness

**Duration:** 50 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*

|               | <b>Module Number</b> | <b>Module Name</b>                          | <b>Pass % Required</b> |
|---------------|----------------------|---|------------------------|
| DSE Awareness | 1                    | Introduction                                | 70                     |
| DSE Awareness | 2                    | Legislation                                 | 70                     |
| DSE Awareness | 3                    | Protecting Your Body                        | 70                     |
| DSE Awareness | 4                    | Adjusting Your Chair                        | 70                     |
| DSE Awareness | 5                    | Adjusting Your Screen                       | 70                     |
| DSE Awareness | 6                    | Work Arrangements                           | 70                     |
| DSE Awareness | 7                    | Adjusting the Layout of<br>Your Workstation | 70                     |
| DSE Awareness | 8                    | Adjusting Your Work<br>Environment          | 70                     |

#### 2. Assessing Display Screen Equipment

**Duration:** 110 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*

|               | <b>Module Number</b> | <b>Module Name</b>                       | <b>Pass % Required</b> |
|---------------|----------------------|--|------------------------|
| Assessing DSE | 1                    | Introduction                             | 70                     |
| Assessing DSE | 2                    | Legislation                              | 70                     |
| Assessing DSE | 3                    | Protecting Your Body                     | 70                     |
| Assessing DSE | 4                    | Adjusting Your Chair                     | 70                     |
| Assessing DSE | 5                    | Adjusting Your Screen                    | 70                     |
| Assessing DSE | 6                    | Work Arrangements                        | 70                     |
| Assessing DSE | 7                    | Adjusting the Layout of Your Workstation | 70                     |
| Assessing DSE | 8                    | Adjusting Your Work Environment          | 70                     |
| Assessing DSE | 9                    | Risk Assessment Overview                 | 70                     |
| Assessing DSE | 10                   | Principles of Sensible Risk Management   | 70                     |
| Assessing DSE | 11                   | Key Health and Safety Legislation        | 70                     |
| Assessing DSE | 12                   | DSE Hazards and Risks                    | 70                     |
| Assessing DSE | 13                   | DSE Assessments                          | 70                     |
| Assessing DSE | 14                   | Control and Prevention Strategies        | 70                     |
| Assessing DSE | 15                   | Practical Elements                       | 70                     |

### **Recommended System Requirements**

- Operating System: Windows 7+ or Mac OSX (10.8+)
- Browser: A modern and up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Additional Software: Flash Player (latest version)
- Download Speed: Broadband (3Mb+)