



## Risk Assessor - display screen equipment (DSE)

### Who is this course for:

This one-day course is suitable for all delegates (e.g. OH, HR & safety) who are interested in helping improve worker comfort and productivity through ensuring compliance with the display screen equipment legislation requirements, including the organisational and individual DSE risk assessment process.

It aims to provide information to enable practitioners to reflect on their personal level of competency in this area and gain new knowledge or a reassuring update. It will also review approaches that may be appropriate to use in their day-to-day practice or that can be negotiated with OH services (whether in-house or contracted out). This may help practitioners proactively influence workers, teams and organisations from strategic level down to include organisational planning, line manager and user responsibilities and tailored DSE user toolbox talk educational activities for example.

### Trainers:

The training team are experienced occupational health & safety practitioners whom have specialised in musculoskeletal disorders and have training and management experience. They have worked and advised organisations and users who work within the office, home-based or remote working situations.

### Why attend:

To perform well at work individuals need to be comfortable at their desks. Musculoskeletal disorders are common in staff who spend much of the day sitting either at their desk or driving cars and can be prevented and healed through appropriate setup, postural advice, education in relation to pain control, active treatment and fitness requirements.

### Overview:

- Implementing a robust DSE assessment program - considerations for in-house assessors
- Pros and cons of e-programs
- Line managers, assessors and user responsibilities
- Identifying higher and lower risk users including consideration to work type
- The DSE risk assessment process and risk reduction
- Increasing comfort at work through enabling more neutral posture at the joints
- Modern chair design
- Desk design - shape and effects on posture; sit-stand desks
- Selection of input devices
- Myth Busters and common setup errors - monitor height, feet on floor
- Case studies - problem-solving - headaches, joint pain, pregnancy, environmental issues
- DSE user toolbox talks and body mapping

***Note: The 'OH needs of offices, call centres and home/remote workers' is complimentary to this course. It usually runs on consecutive days and its focus is on the wider aspects of supporting the needs of this group of workers from an organisational as well as individual perspective. Please see the OH Learning Hub website for more details.***

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