

Course HS2: DSE & Workstation Health and Safety

COURSE DURATION:

45 minutes

TARGET AUDIENCE:

- New starters
- Any worker spending time at a workstation or using computer equipment

AVAILABLE IN:

- Audio
- Non-Audio

DELIVERED VIA:

- Intranet
- Internet
- CDRom

Many millions of people now spend all their working days sitting in front of display screens whilst operating personal computers.

This sedentary lifestyle, the repetitive physical activity and factors associated with display screen use can cause both minor and major health problems if the risks are not addressed. Such risks can often be reduced, or removed altogether, by good workplace design and safe working practices.

This course will enable the learner to take positive action in respect of their own health and safety by creating a safe seating position, adopting the correct posture and operating workstation equipment appropriately.

Course Content

- The legal requirements
- Sitting safely whilst working with display screens
- Arranging the working environment
- Using display screens safely
- Using the mouse and keyboard safely
- Safe use of laptop computers.



For further information or to arrange for a free evaluation of this course contact **Learning&Safety4Business** at:
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