



Display Screen Equipment

Are You Sitting Comfortably?

Every day hundreds of thousands of us spend multiple hours using display screen equipment (DSE), a computer at work, a laptop or tablet at home, with little regard for the health problems it may cause us. From postural issues to eye strain, repetitive strain injury to headaches - if you're using display screen equipment regularly you may suffer from one or more of these conditions. The good news is that there are steps you can take to make working with DSE as comfortable as possible. This course outlines the steps you should take.

The Course

Highfield's Display Screen Equipment (DSE) Short Course is designed to ensure that users of DSE set up their work stations effectively and ergonomically, avoiding the health risks associated with their use. Learners undertaking this course will learn what DSE is, the health risks associated with its use, how to use DSE appropriately and the importance of correct posture and regular breaks. Finally, the course will outline the kind of support employers should provide for users of DSE at work.

Areas Covered

- What is DSE?
- DSE health risks
- Workstation design
- Correct working position for DSE
- Portable equipment
- Identifying risks and safe working practices
- Eye tests and eyewear
- Assessing DSE

Who Is It Aimed At?

Any employee or manager who works with display screen equipment, such as display screens, laptops, touchscreens and other similar devices. This course can be used as a stand-alone module or included in an induction programme. It may also be useful as part of the on-programme phase of the new apprenticeship standards, helping apprentices integrate into the workforce effectively and efficiently. No prior knowledge needed.

Duration

20 to 40 minutes.

How It Works

Our e-learning is available to use on multiple platforms such as tablets, PCs and laptops. All you need is an internet connection. Learners simply log on to the Highfield Learner Management System (LMS) and work their way through the course, along with the scenarios that provide them with real-life context.

Learners are assessed at the end of the course by multiple-choice questions.

Certification

Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.

Accreditation

This e-learning course is a Highfield Qualifications accredited programme.