

Online DSE & Workstation

COURSE DURATION:

90 minutes

TARGET AUDIENCE:

- Students
- Any member of staff who uses a VDU regularly

AVAILABLE IN:

- Audio (speakers or headphones)

DELIVERED VIA:

- Internet

Endorsed and Audited by Environmental Health Officers.

This is an online awareness course for people who regularly work with display screen equipment (DSE).

The Law

The law for working with VDUs is covered by the Health and Safety (Display Screen Equipment) Regulations.

These regulations apply to any staff member who habitually uses VDUs at work. Employers must minimise risks from working with VDUs and that means ensuring employees have good training, work in a well designed workplace and have well planned job tasks.

Modules

The course is broken down into an introduction, four modules and a workstation self-assessment.

The self-assessment produces a report which the employer or occupational therapist can use to identify problems with staff workstations or VDUs.

Module 1 - Who do the regulation apply to?

The law, workstation regulations, VDU regulations, laws for the self-employed

Module 2 - What makes a good workstation?

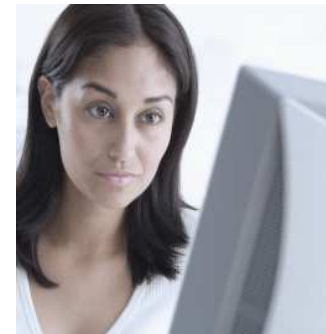
Analysing workstations, minimum requirements, planning work patterns, eye tests, providing information

Module 3 - Risks to health, and common questions

Problems and solutions, common questions, RSI, stress, aches and pains

Module 4 - Adjusting your workstation

Modifying your workstation, chairs, VDU, document holders, lighting



For costs and to view an online demo please visit our website: www.solutions4business.org

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