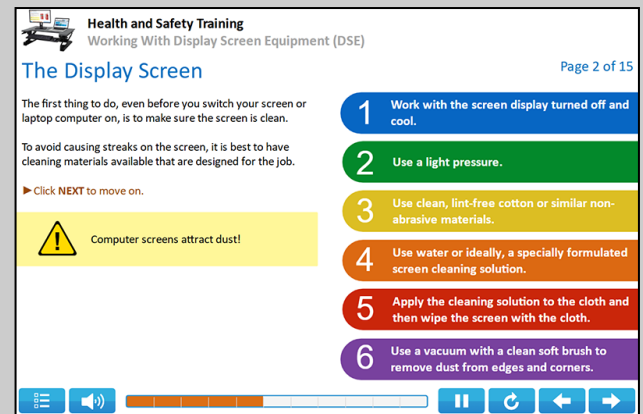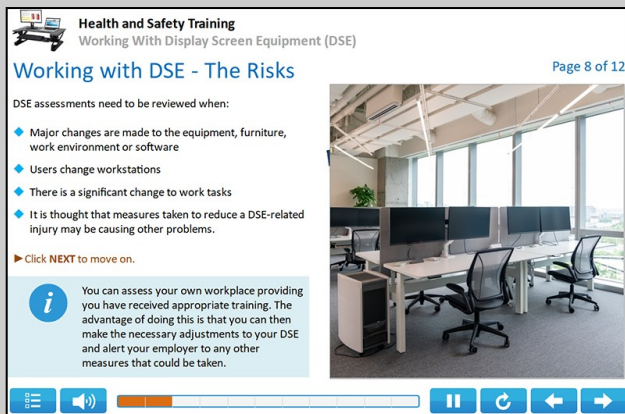# ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Display Screen Equipment Awareness

£17.50 + VAT

☑ **Assured by RoSPA Qualifications**
☑ **Certified by CPD**
☑ **Audio voiceover**
☑ **Downloadable certificate on completion**
☑ **100% online training**
☑ **No time limits**

Our online Display Screen Equipment awareness training provides learners with the knowledge they need in order to work comfortably and avoid unnecessary aches and strains whilst using Display Screen Equipment in their work environment.

To assist the practical application of knowledge the training comes with a free online workplace assessment tool that helps learner to review and optimise their workstation and Display Screen Equipment.

The approximate duration of this training is 2 hours.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

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i₂Comply

Display Screen Equipment Awareness

This training course contains the following 9 topics:

1. WORKING WITH DSE - THE RISKS
- Examples of DSE in your own workplace.
- An employer's legal duties with regards to DSE.
- What is meant by a DSE assessment and when it is carried out.

2. THE KEYBOARD
- When a separate keyboard is required.
- Good and bad keying technique.
- The correct positioning of hands and wrists when keying information.

3. MICE AND OTHER POINT-AND-CLICK DEVICES
- Good and bad practice when using mice and similar point-and-click devices.
- The correct positioning of hands and wrists.
- Adjustments that might need to be made to ensure devices are accurate.

4. THE DISPLAY SCREEN
- How to clean your screen.
- The recommended height and position of the screen.
- Good colour and font combinations.
- Features that can make it easier to position a screen.
- How to go about reducing excessive screen glare.

5. YOUR WORKSPACE
- The difference between a well organised and poorly organised workspace.
- Measures that can be taken to improve a cramped workspace.
- How a workspace set-up can be optimised for working with documents.
- How a workspace should be positioned to minimise glare and reflections.

6. THE CHAIR
- The features of a chair suitable for Display Screen Equipment work.
- The correct sitting position for a person working with Display Screen Equipment.
- The difference between a correctly adjusted chair and a poorly adjusted chair.

7. THE ENVIRONMENT
- How environmental factors can be a contributory cause of Upper Limb Disorders.
- Four environmental factors and how their effects on Display Screen Equipment work can be minimised.

8. CHANGES IN ACTIVITY
- Why it is important to take breaks and change the type of activity you are doing.
- Examples of activities that would be suitable during a break from Display Screen Equipment work.
- How to prevent fatigue at the workplace.

9. EYE TESTS
- Who is entitled to an eye test and who must pay for it.
- When an employer must pay for glasses.

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