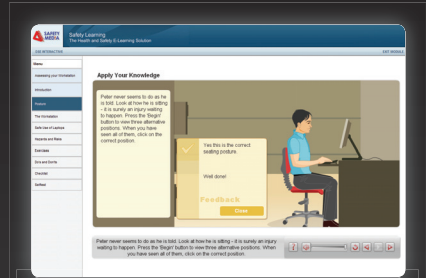


DSE

- Interactive Flash
- Video
- SCORM
- Classroom
- Interactive Standard



The use of Display Screen Equipment has rapidly become part of every day life and we are all exposed to their harmful effects. This training course will provide information on how to correctly set up your workstation to avoid injury as well as looking at the hazards and risks you face while using the equipment.

Even if you only use DSE for short periods of time during the day you are still at risk of injury.

Course Content:

Introduction

- The office revolution
- Legislation
- The modern office

The Workstation

- Your workstation
- Seating and posture
- Your working environment
- Key points to remember

Hazards and Risks

- Your eyes
- Blinking
- Reducing eye strain

Aches and Pains

- Upper Limb Disorders
- Carpal Tunnel Syndrome
- Mouse Finger
- Simple exercises

Do's and Don'ts

- The Do's of display screen equipment operation
- The Do Not's of display screen equipment operations

Who is it for?

- New employees
- Office workers
- Anyone who uses a workstation during the day

Duration:

- 30 minutes

Available in:

- Interactive – Flash
- Video
- SCORM
- Classroom
- Interactive – Standard

