



Make working with DSE More comfortable More productive



Computer workstations or display screen equipment (DSE) can be associated with neck, shoulder, back or arm pain (sometimes called upper limb disorders or ULDs), as well as with fatigue and eyestrain.

Upper limb disorders can be avoided by training all DSE users to set-up their workstations correctly and use them in accordance with good practice, and plan work to include breaks.

The *Health and Safety (Display Screen Equipment) Regulations 1992* were introduced

to protect the health of people who work with DSE.

PAVY Ltd offer DSE self-assessment courses to help you to:

- Comply with DSE regulations
- Improve the welfare of your staff
- Reduce absenteeism resulting from aches, pains and ULDs

DSE Self-assessment Training

Course Aim

To train delegates on best practice for the set-up and usage of their computer workstations, as well as on DSE self-assessments.

Who should attend

Anyone who regularly uses display screen equipment (DSE) as part of their normal work.

Course content

- ◆ Overview of Health & Safety
- ◆ Legal requirements for DSE risk assessment
- ◆ Adverse health effects from working with DSE
- ◆ Correct workstation set-up, and keyboard, mouse and monitor use
- ◆ Importance of posture and breaks
- ◆ Laptops
- ◆ How to do a DSE self-assessment

Duration

Typically 1-2 hours.

Location

Typically held on client's premises and delivered specifically for their employees.

Certificate

Delegates will be awarded a certificate of attendance on successful completion of the course.

To book a course,
ring us on 01865 349014
or email: info@pavy.co.uk



[environmental, safety & quality accreditation specialists]

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