



DSE Assessing

1-day course



Aim

To enable Facilities Managers to carry out Display Screen and Workstation Risk Assessments in accordance with their Health & Safety responsibilities

Objectives

By the end of this course you will be able to:

Identify the causes of physical office ergonomics problems and stress
Identify and advise on the risks associated with poor working postures
Suggest appropriate modifications to improve the working environment
Apply ergonomics criteria when procuring workstations, seating, storage, equipment and accessories to help avoid costly mistakes
Understand appropriate health and safety legislation and its significance
Complete display screen equipment checklists efficiently

Description

This DSE assessor's course has been accredited by the Chartered Institute of Ergonomics and Human Factors. At the end of this course delegates complete a two part assessment in order to receive a certificate from the Chartered Institute of Ergonomics and Human Factors. The first part of the assessment is a short multiple choice written assessment at the end of the course. The second part is done after the course, with the participants carrying out an assessment in their workplace and sending it in for marking.

Content

The course has a strong practical basis incorporating several practical exercises. A comprehensive reference manual and checklists are provided.

Key elements of the course are:

- Introduction to ergonomics
- An introduction to The Health and Safety [Display Screen Equipment] Regulations 1992 (amended)
- Visual problems - causes and solutions
- Musculoskeletal problems - causes and solutions
- Environmental problems - causes and solutions
- An introduction to workstation assessments
- Practical workstation assessment procedure

Full documentation and assessment checklists provided

Programme

- 0845 Registration, tea and coffee
- 0930 Welcome and Introduction
- 0945 Display Screen Equipment Regulations
- 1030 Tea & coffee
- 1045 Introduction to Ergonomics
Causes and solutions
- 1230 Lunch
- 1330 How to carry out an assessment
- 1445 Tea & coffee
- 1500 Carry out an assessment
- 1600 Feedback and questions
- 1700 Close

DSE Assessor's Certificate



This course is accredited by the Chartered Institute of Ergonomics & Human Factors and presented by System Concepts Limited, an CIEHF Registered Consultancy. Upon successful completion of a two-part assessment at the end of the course a DSE assessor's certificate will be awarded to you stating that you are trained to conduct DSE & Workstation assessments.

How do I book?

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