

# DSE Awareness

Course information



**tnta**  
THE NATIONAL TRAINING ACADEMY



# Overview

A workstation that is poorly set up can be hazardous to the individual. It can lead to an increased risk of injuries and ill-health.

Whether you work on a desktop, a laptop, a tablet, or a smartphone, having an awareness of the health risks associated with DSE is essential.

This course explores DSE regulations, hazards and risks, best practice, the benefits of supported postures and ergonomic workstations. As well as ways to improve your posture through stretching at regular intervals.

This course is for anyone that uses display screen equipment.

## This course contains the following modules:

**Module 1** - Legislation, duties, and types of hazards - In this module you will look at legislation, hazards at work and consequences of work-related musculoskeletal disorders.

**Module 2** - DSE assessments - In this module you will look at risk management, hazards, completing a DSE assessment, reducing the risk of injury, risk control hierarchy and barriers.

**Module 3** - How to set up your workstation - In this module you will look at your workstation, keyboards, the mouse, your computer screen and chair, laptops and tablets, software and eyestrain.

**Module 4** - Supportive postures - In this module you will look at posture and stretching exercises.