

Display Screen Equipment (DSE) Awareness e-learning

Introduction

Computer workstations or equipment can be associated with neck, shoulder, back or arm pain as well as with fatigue and eyestrain. The Health and Safety (Display Screen Equipment) Regulations 1992 aims to protect the health of people who work with DSE by requiring that every employer perform a suitable and sufficient assessment of all workstations.

In this course, we'll look at the common risks of working with display screen equipment (DSE) and how to spot them during a workstation assessment. You'll learn how to adjust your chair and screen, position your keyboard and mouse, and build habits such as changing position and taking breaks from screen work. We'll also cover what to do if you experience discomfort or need help with your setup.

Course Duration

We offer this as a flexible e-learning course, allowing delegates to study anytime, anywhere and at a pace that suits them.

Delegates will be given a three-month licence from first access to complete the course. Once this licence expires, delegates will be required to pay a fee to reactivate it and should contact our Customer Service Team for more information.

Course Attendees

This course has been designed to help employers and employees why safe use of display screen equipment matters and how to reduce the risks of everyday screen work.

The e-learning format is particularly beneficial for:

- Learners who prefer flexible, self-directed study
- Busy professionals who need on-demand access
- Those who benefit from interactive content rather than traditional text-based learning
- Remote teams and organisations seeking consistent training across multiple sites

Course Programme

This course covers:

- What counts as display screen equipment (DSE)
- Who DSE affects and how
- Who needs a DSE assessment and when
- Identifying workstation problems
- Setting up your workstation
- Health effects and early warning signs
- Completing a self-assessment

Training Certification and Assessment

Successful delegates will receive an SSG training certificate, which is valid for one year.

Suggested Follow on and Complementary Courses

- Risk Assessment Workshop
- IOSH Managing Safely®
- IOSH Approved Managing Safely e-learning

Training Proposal

Course Information

Course:	Display Screen Equipment (DSE) Awareness e-learning
Certificated by:	SSG Training and Consultancy

E-learning Option

Fee per learner:	£30 inclusive of all resources and certification
	Discounted rates are available for volume bookings

All fees subject to VAT