



Workstation Ergonomics & DSE Training Course

Changing the way you work...forever!

Workstation / Display Screen Equipment (DSE) Ergonomics is an ergonomic course designed to help employees work comfortably and safely at their workstations. The course covers DSE regulations in a short, concise manner. It is ideal for organisations that have a large numbers of workstation users. Occuhealth believes that an understanding of the risks associated with this “low risk” environment, will help prevent poor workstation user behaviour.

Benefits

- DSE Risk Assessment Health & Safety questionnaire
- Reduced absence and injury risk



Objectives

Organisations and employees will benefit from an increased awareness of the following;

- A comfortable sitting posture
- Correct keyboard and mouse techniques
- The importance of varying posture throughout the day
- Health hazards associated with workstation ergonomics
- Eyestrain prevention and organisations' own eyesight policy
- A knowledge of DSE related stress and how it can be avoided
- The correct use of laptops and other mobile devices
- The benefit of simple stretching exercises at regular intervals

Features

Duration of Course: 60 minutes

Delivery Method: Presentation and Workshop

Legislation: Covers Health & Safety legislation for Ireland and EU

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