



ZURICH®

# Display Screen Equipment Training

## Product summary

### Background

The main risks that arise in work with Display Screen Equipment (DSE) or Visual Display Units (VDUs) are musculoskeletal disorders, such as back pain or upper limb disorders – sometimes known as Repetitive Strain Injuries (RSI) – visual fatigue, and mental stress. DSE is ubiquitous in the modern workplace and it is therefore important to tackle the potential problems it can cause.

Training employees in aspects of DSE safety can reduce the risk of injury and reduce long-term organisational costs. The Health & Safety (Display Screen Equipment) Regulations 1992, as amended by the Health & Safety (Miscellaneous Amendments) Regulations 2002, places a duty on every employer to reduce the potential injury from any task involving DSE.

### Summary

This facilitated interactive discussion between the consultant and delegates involves practical and theoretical content and examples. On completion of the course, delegates will be able to take their practical experience back to the workplace and use it within their own areas of responsibility.

The training offers an understanding of having safe DSE techniques, along with an insight into the risks associated with the use of DSE.

### Objectives

The training covers:

- An introduction to DSE risks in the workplace
- Legislation
- Health & Safety at Work Act 1974
- The Health & Safety (Display Screen Equipment) Regulations 1992/2002
- The Management of Health & Safety at Work Regulations 1999
- The risk assessment process
- Fatigue and stress
- Work desk and surface
- Screen, keyboard and work chair
- Daily working routine
- Design/work positioning
- Environmental issues eg lighting, reflection, noise, heat and humidity
- Checklists
- Feedback, pace and monitoring.

#### Duration

Half-day.

#### Provider

A fully trained and experienced Zurich Risk Management Consultant.

#### Format

Training course.

## Features

The course is based around a half-day training session for up to 20 delegates with either one half-day session per day or two half-day sessions on the same day at a reduced fee.

## Benefits

- Provides a clear understanding of the statutory and management responsibilities relating to DSE, associated roles and responsibilities and relevant health and safety information
- Sets out the main requirements of the Health & Safety (Display Screen Equipment) Regulations 1992 as amended by the Health & Safety (Miscellaneous Amendments) Regulations 2002, and other legislative requirements.

## Where this would be useful

DSE is present in some shape in almost every workplace. It is important therefore to protect DSE users from potential ill-health as a result of doing their job.

## Who is it aimed at?

All managers and staff.

For further information  
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