



DSE for Users and Operators.

Duration: Half day.

Course overview:

VDUs have been blamed, often wrongly, for a wide range of health problems. In fact, only a small proportion of VDU users actually suffer ill health as a result of their work. Where problems do occur, they are generally caused by the way in which VDUs are being used, rather than the VDUs themselves.

The course starts with a quiz to enable a basis of understanding to work upon during the day. The session is practically based with demonstrations and workstation analysis.

This course is based to benefit all Display Screen Equipment operators including laptop users.

Course content:

Upon completion the delegates will have gained knowledge of:

- Working with DSE / laptops.
- Display screen equipment legal requirements.
- Health hazards.
- Exercise demonstrations for users.
- Comfortable working.

Successful completion will prepare delegates to look carefully at their own work activities and contribute to a safer working environment.

Course booking:

Please contact one of our team for further details, course prices and booking arrangements on 01384 686039.