

DSE User

This course is designed to enable those persons who work for more than two hours a day at a computer screen.

The session includes

- The legislation covering DSE working
- Possible health effects
- How to organise your workspace
- Practical exercise
- How to assist a colleague setting up a workstation

On completion of the course the delegates will have knowledge and understanding of what DSE equipment is, who are DSE users, what are the possible health effects and how to set up their own workstation safely.

This course can be tailored to suit your needs