

## Display Screen Equipment

### Are You Sitting Comfortably?

Everyday hundreds of thousands of us spend multiple hours using display screen equipment (DSE), a computer at work, a laptop or tablet at home, with little regard for the health problems it may cause us. From postural issues to eye strain, repetitive strain injury to headaches - if you're using display screen equipment regularly you may suffer from one or more of these conditions. The good news is that there are steps you can take to make working with DSE as comfortable as possible. This course outlines the steps you should take.

### The Course

Highfield's Display Screen Equipment (DSE) Short Course is designed to ensure that users of DSE set up their workstations effectively and ergonomically, avoiding the health risks associated with their use. Learners undertaking this course will learn what DSE is, the health risks associated with its use, how to use DSE appropriately and the importance of correct posture and regular breaks. Finally, the course will outline the kind of support employers should provide for users of DSE at work.

### Areas Covered

- What is DSE?
- DSE health risks
- Workstation design
- Correct working position for DSE.
- Portable equipment
- Identifying risks and safe working practices
- Eye tests and eyewear
- Assessing DSE

### Who Is It Aimed At?

Any employee or manager who works with display screen equipment, such as display screens, laptops, touchscreens, and other similar devices. This course can be used as a stand-alone module or included in an induction programme. It may also be useful as part of the on-programme phase of the new apprenticeship standards, helping apprentices integrate into the workforce effectively and efficiently.

### Prerequisites

No prior knowledge needed.

### Duration

20 to 40 minutes.

**Getting comfortable**

To get comfortable when working with DSE, and reduce the risk of aches and strains, there are a few simple guidelines that you should follow.

Drag and drop the correct words from the list to reveal how best to remain comfortable with your DSE.

- Make sure there's  work-space to fit all of your equipment and documents.
- Try to arrange the desk and screen so as to avoid bright reflections or .
- Adjust the blinds or curtains in your room to block any .
- Make sure there is  under the desk for you to comfortably move your legs.
- Your eyes should be the same height as the top of the screen, with your forearms approximately .
- Try to avoid excess  on the backs of your legs and knees from the edge of your seat.

horizontal  
intensive light  
space  
enough  
glare  
pressure

Highfield  
Display Screen Equipment | 3 of 4

**Well-designed workstations**

It is important that the layout and arrangement of each aspect of a workstation takes into account the user's comfort. This not only helps avoid aches and strains, but can also help users to focus and work more efficiently.

Click on the icons below to learn more about a well-designed workstation.

Keyboards and typing  
Using a mouse  
Reading the screen

Highfield  
Display Screen Equipment | 4 of 4

**The correct working position for DSE**

In order to minimise the health risks associated with display screen equipment, it is important to make sure that your posture and positioning of DSE are correct.

Take a look at the model below and consider what adjustments should be made to correct their working posture.

First, click and drag the backrest to the appropriate angle. Then click 'Check answer'.

Check answer

Highfield  
Display Screen Equipment | 5 of 12

## Certification

Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course or you opt for a Security CPD Certificate with CPD points

Contact [info@securitycpd.org](mailto:info@securitycpd.org)

Website [www.securitycpd.org](http://www.securitycpd.org)

Certificates for Awareness Courses are included in course cost.

