



## One day virtual DSE (DISPLAY SCREEN EQUIPMENT) ASSESSOR COURSE

### Overview

Employers have a legal obligation to carry out DSE (Display Screen Equipment) assessments with employees using display screens. As well as employers meeting their legal obligations, conducting DSE assessments can reduce discomfort, improve wellbeing and increase productivity of staff.



Our Trainers have extensive experience and knowledge of conducting DSE assessments and are trained to the highest standards in ergonomics principles. The course will ensure the best outcome(s) are achieved to not only comply with the regulations, but to also address the needs of both the individual and employer.

### Who should attend?

This is a live virtual one day training course for line managers, newly-appointed or recently-appointed Workstation Assessors. No previous knowledge or experience is required, however delegates would benefit from having an understanding of their organisation's existing DSE assessment process.

The course will be comprised of an overview of the legislation, and techniques and procedures required to conduct a DSE Assessment.

### Aims

The aim of the course is to give delegates the confidence and knowledge to carry out a DSE assessment.

By the end of the course delegates will -

- Understand the legislation and guidance which applies to DSE assessments
- Understand the risks of sedentary working and adopting poor postures
- Be able to identify risks when using DSE
- Be able to carry out a DSE assessment

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## Course Objectives:

- 📦 Recognise –
  - Importance of DSE assessments
  - What the DSE Regulations consist of
  - Responsibilities of a DSE Assessor
  - What equipment is covered
  - Minimum requirements for workstations
- 📦 Gain an understanding of how common musculoskeletal disorders develop
- 📦 Be able to recognise a good workstation layout
- 📦 Practice carrying out a DSE assessment
- 📦 Have an understanding of what options are available when considering reasonable adjustments

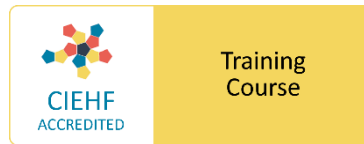
## Course Outline:

- 📦 Introductions
- 📦 What is a DSE assessment?
- 📦 DSE assessments –
  - Regulations & Guidance
- 📦 What are the risks from using DSE
- 📦 Practical sessions –
  - Case studies
  - Conducting a DSE assessment
- 📦 Options for workstation adjustments
- 📦 Free resources

Our Cancellations & Refunds policy can be found at [-https://osmondgroup.co.uk/crp.pdf](https://osmondgroup.co.uk/crp.pdf)

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### Joining the session:

- 📦 You will receive an email with the joining link 24hrs prior to the training taking place.
- 📦 The meeting will be opened about 15 minutes before we begin. Please join us early to make sure all technology and connectivity issues are resolved before our official start. This is also a good time for you to...
  - Talk to other delegates
  - Ask any questions on how the platform works.

### Workbook:

- 📦 You will be emailed a workbook for the training and a link to the 'Working with Display Screens Equipment: Health & Safety (Display Screen Equipment) Regulations 1992'.
- 📦 Please take a look at this ahead of our session as there won't be time for quiet reading during our session.
- 📦 If you can, please print off a copy of the workbook in advance to make notes as the session runs.

### During the training:

- 📦 Please mute your microphone during introductions and training. You will need to unmute when speaking.
- 📦 You will be asked at times to add comments to the group chat.
- 📦 Please can we ask you to:
  - Participate fully and bring your own experiences to the training.
  - Respect all participants and allow other the opportunity to take part, remember that everyone has something valuable to say.
  - Ask any questions you have, especially if you don't understand something or disagree with anything.
  - Respect each other's confidentiality.

### After the training:

Following the training you will be asked to provide feedback. We are always grateful to receive constructive feedback, good or bad! This allows us to make appropriate improvements to future training where necessary.

**Look forward to meeting you!**

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