



Display Screen Equipment (DSE) Assessment

Post-Foundation



One day
(minimum six
contact hours)



Maximum **12 delegates**
per course

Aim

This course aims to facilitate a deeper understanding of DSE assessment and problem resolution by building on the delegate's knowledge and skills gained in foundation DSE training and their DSE assessing experience.

Who Should Attend

This course is suitable for DSE assessors who have completed a minimum of 30 DSE assessments and have already attended a DSE foundation course or gained a similar level of knowledge through other means. This particular course is not aimed at experienced occupational health advisors or therapists as the course is biased towards the more common musculoskeletal issues and their knowledge will be greater than the content delivered.

Content

- ✓ Review of the regulations relating to DSE
- ✓ Review of anatomy and physiology relating to the body when using DSE
- ✓ Discussion and review of the conditions that may be reported by users of computer equipment
- ✓ Review of 'best practice' when discussing working postures and the need for flexibility, not just application of strict 'rules', including discussing individual cases
- ✓ Practical review of workstation set up
- ✓ Practical review of 'ergonomic' equipment, discussing when to use and why.
- ✓ Discussion of return to work scenarios.

Structure

This course includes theory-based learning plus practical work based around office workstations. Delegates will receive a course pack of relevant materials.

Outcome

Delegates will be able to review their understanding of the DSE regulations and gain a broader understanding of anatomy, physiology and common musculoskeletal disorders. They will have an opportunity to discuss issues from their own practise and updated their knowledge of, and be able to evaluate, relevant ergonomic office accessories.

Retraining

Some form of refreshing/retraining is recommended every two-three years.

Trainer

Our trainers are of the highest standard, all holding a relevant teaching qualification such as PTLLS as well as backgrounds as relevant health professionals, or ergonomists with specialist knowledge in the area of DSE.



training@posturite.co.uk



0345 345 0010



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