



## DSE Risk Assessor Training

**Duration:** 1 Day

**Overview:** The Health and Safety (Display Screen Equipment) Regulations came into force on 1 January 1993 (some minor changes were made in 2002) and seek to protect the health of workers by reducing risks from VDU work. Briefly, the Regulations require employers to:

- analyse workstations to assess and reduce risks
- ensure workstations meet specified minimum requirements
- plan work activities so that they include breaks or changes of activity
- provide eye and eyesight tests on request, and special spectacles if needed and provide information and training

Because of the nature of the risks, an individual assessment is required for each DSE training user; therefore many organisations choose to train people as DSE assessors in order to fulfill this function.

**Content:**

This course will give delegates a comprehensive understanding of the Regulations and the skills and knowledge to diagnose potential ill health conditions and recommend suitable control measures, including ensuring workstations and the working environment are satisfactory for all employees. The course will discuss and solve typical DSE-related problems by undertaking practical training and assessment.

- The legal requirements
- The hazards of poor set-up
- Worker self-assessment
- Recording the assessors' results
- Workstation set-up
- Potential adjustments
- Lighting issues
- Working environment
- Rest breaks
- Eyesight tests and glasses

This course is CITB approved and each trainee will receive a certificate of attendance on completion.

For further information please contact us on:

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