

Introduction

With the rapid rise in the use of Information Technology (IT), many of us today use some form of Display Screen Equipment (DSE), whether it is at work or at home. Display screens are normally used with desk-based computers, but they can also refer to other types of devices such as laptops and touch-screen tablets. Working intensively with display screen equipment for long periods of time can cause significant health problems such as:

- Eyestrain and visual fatigue
- Headaches
- Problems with arms, hands and wrists
- Back, shoulder and neck pain

Who it is for

This course is suitable for anyone who uses display screen equipment regularly at home or at work.

Course aim

This course has been designed to raise awareness of types of health hazards that can be associated with using DSE for long periods of time and looks at ways in which the risks to DSE users' health and wellbeing can be minimised.

Course content

This online course covers the following topics:

- Health hazards associated with DSE
- Regulations
- Assessing risks to health
- Ergonomics
- Planning workstations
- The environment
- Avoiding eye strain
- Working with portable computers and appliances

Course duration

The average time required to complete the learning is approximately **30 minutes**, however the course is designed to go at the pace of the learner and can be completed in more time if needed.

Assessment

The online assessment for the course consists of **15 multiple choice** questions. In order to be successful, candidates must achieve a **75% pass mark (12 or above)** to obtain the certificate.

Certification

On successful completion of the assessment, the candidate will be able to print/save their certificate. In addition to this, an e.mail is sent to the candidate containing a link to the certificate. This is the simplest, most convenient way to achieve compliance. Also, a QR code has been added to the certificate, which can be scanned by a smartphone to establish the certificate's validity.

For further information relating to this or any of our online courses, contact:

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