

2 DAY COURSE

# DSE + COMPUTER RISK ASSESSMENT TRAINING

Risk Assessors responsible for preventing injuries and ill health from computers + complying with the legislation

*Comply with the legislation to assess the risks to employees from using computers.*

*Help your staff to work more comfortably and more productively*



## COURSE OBJECTIVE

To provide Risk Assessors with an understanding of the role of DSE risk assessments in preventing injury and ill health from computer use, proficiency in carrying out a risk assessment and the confidence ability to deal with the issues arising in the workplace.

## COURSE CONTENT

This course covers the legal requirements of risk assessments, the health issues that can arise from computer use and how to use a risk assessment to identify and minimise problems in the workplace. It covers the main aspects of computer work including effective use of equipment, office layout, office environment, and work techniques. It also deals with new developments such as hot-desking, home working, and the use of laptops.

## WHO SHOULD ATTEND

This course is designed for those with little health and safety experience. It is suitable for Line Managers or individuals responsible for DSE risk assessments in any organisation. Delegates should have good writing skills, and be able to communicate well to staff.

## COURSE PROGRAMME

Risk assessments + legal requirements	Introduction to the risk assessment process. Understanding the principles of a risk assessment and the legal framework of the legislation.
Risks to ill health of computer use	Understand the causes of ill health and injury from computer use. Awareness of the problems of musculoskeletal, visual and mental issues that can affect employees.
Ergonomics in the workplace	Understand ergonomics and how to apply it to the workplace. The important of workplace layout, working techniques, suitable equipment and adjusting the work to the individual.
Practical Session	Understanding the principles of a risk assessment. Conducting a risk assessment in the workplace. Meeting the minimum standards.
Educating other DSE users	Importance of training others in work posture and techniques to minimise strain. Understand the role of rest pauses, desk exercises, and tasks changes.
Managing a Risk Assessment	How to recognise problems, Principles of ranking hazards. What can be done and how to ensure a quick and speedy recovery.

Make sure you understand and comply with the law!  
BOOK YOUR PLACE ON THE DSE AND COMPUTER RISK  
ASSESSMENT TWO DAY COURSE TODAY.

Call now on: 0845 450 7316



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