

1/2 DAY COURSE

# DSE + COMPUTER USER TRAINING

Anyone using a computer needs to know how to prevent injuries and ill health while at work

*Comply with the legislation to provide health and safety training.*

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



## COURSE OBJECTIVE

This course is part of the Health Safety requirement to provide training and information to all staff using computers. It ensures the skills and knowledge necessary to prevent injuries and ill health and will help to improve productivity and performance.

## COURSE CONTENT

This course covers the risks to health from using a computer and provides the skills and knowledge to prevent musculoskeletal, visual and stress associated with computer use. It covers the main aspects of office work including workplace layout, working techniques and work postures that can contribute to ill-health and identifies ways of changing and preventing problems.

## WHO SHOULD ATTEND

Anyone who uses a computer whether it's a desk top or a laptop, whether they work in an office, are a home worker and whether they use a computer infrequently or constantly during the day.

## COURSE PROGRAMME

What causes aches and pain?

Many people suffer from hand, arm, shoulder, back and neck problems. Understand what causes these problems and how to minimise the strain.

What causes visual problems?

Understand the causes of visual problems and how they can contribute to headaches, fatigue and vision difficulties. Learn to adjust the workstation, the computer and the environment.

What is ergonomics?

Understand ergonomics and how to apply ergonomic principles to the workplace. The important of workplace layout, including keyboard, mouse, monitor and document placement,

Good working practices?

Understand good working practices and techniques that can reduce unnecessary strain while using a computer. Learn improved mouse techniques, keying techniques and more,

Comfortable working postures?

Long period of static postures can be fatiguing. Learn ways to improve your posture and techniques to minimise strain through rest pauses, desk exercises, and chair adjustments

Problems – what to do?

Occasionally individuals can develop problems. How to recognise them, what to do and how to ensure a quick and speedy recover.

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**Make sure you understand and comply with the law!**  
**BOOK YOUR PLACE ON THE DSE AND COMPUTER USER  
HALF-DAY COURSE TODAY.**

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Call now on: 0845 450 7316



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