



# DSE Awareness (Display Screen Equipment)



All of our courses are certified by the CPD certification service. They have been scrutinised by an independent assessor, ensuring they meet national standards.

### This course focuses on:

- DSE regulations and employer/employee responsibilities
- How to complete a DSE assessment
- Setting up an ergonomic workstation
- Improving posture, stretching exercises and reducing fatigue
- Online DSE assessment module.

## Online housing training

A poor workstation set up can be hazardous to the individual, increasing the risk of injuries and ill-health. This DSE awareness course aims to support employees to understand how to complete a DSE assessment of their work station and improve their working environment.

This course explores DSE regulations, best practice, the benefits of supported postures and ergonomic work stations. This will minimise the risk of potential health issues and improve comfort whilst at work.

Includes a stand alone DSE assessment for employees to complete.

For further information  
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