



Cousins Training

DSE



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# Display Screen Equipment



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## **Does your workforce know how to safely use display screen equipment (DSE)?**

Employers are required by law to assess and reduce the risks of potential strains and stresses associated with display screen equipment (DSE) use.

Employers are also required to provide training to ensure a satisfactory working environment for staff, helping to reduce musculoskeletal disorders (repetitive strain injury or RSI), visual fatigue and mental stress.

HSE Executive

## **Who is DSE training for?**

If your staff work at computers or other display screens for more than one hour per day, you are legally required to provide DSE training. Health and safety regulations surrounding Display Screen Equipment aim to protect employees working at desks, in front of computer screens and/or with keyboards and monitors.

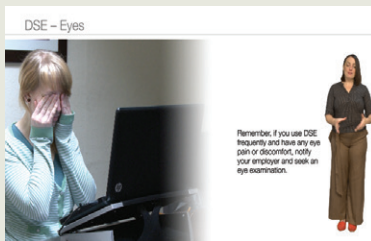
## **What does the DSE course cover?**

The DSE course covers:

- How to prevent injuries associated with the incorrect use of DSE equipment.
- How to maintain correct posture when using DSE equipment.
- How to comply with DSE legislation.

## **What is the benefit of DSE training in your business?**

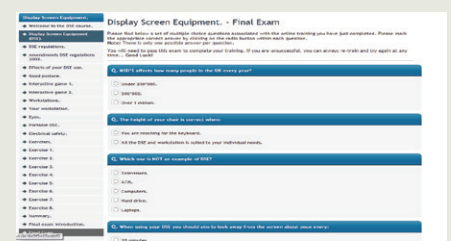
Around 1 million people in the UK suffer from a musculoskeletal disorder caused, or made worse, by their current or past work. Many of these people have had to claim compensation. This course enables you to protect your business by protecting your staff. Staff can complete their training at any time to suit your needs.



Video Presentations.



Interactive Games.



Final Exam – Certificates Provided.

**Incorrect use of DSE equipment can lead to repetitive strain injuries, headaches, eye strain and neck pain.**

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