



"A fast and effective way to perform your DSE training and workstation assessments, enabling 100% compliance."

DSE Training

DSE (Display Screen Equipment)

Regulation 6 of the Display Screen Equipment Regulations states that an employer must train all Display Screen Users in the safe use of workstations and their associated risks and specifies 21 learning outcomes, as well as performing a workstation risk assessment.

Learnsafe provides a complete DSE compliance solution to both the legal training and workstation assessment requirements.

WRULD Prevention Made Easy

Learnsafe's DSE e-learning module focuses on preventative measures and early reporting of symptoms to reduce WRULD's. The training adopts a "fix-as-you-go" approach, resulting in less risks being logged during the assessment process. Employees are tested before being allowed to do the on-line workstation assessment.

DSE Assessment & Action Management

The Online DSE assessment provides help text and prompts the user with suggestions for them to self correct issues that they are logging. The user can also insert text relating to an issue. All issues and actions are tracked in the reporting system.

Management Reporting (LMS)

The reporting module allows you to manage all of your training from one central location, and provides a picture of progress throughout your organisation. Automatic reminders and scheduled re-training functions mean that you can focus on pro-active safety management, and let the system manage your training and assessments, across multiple sites.

The Learnsafe DSE Compliance Module Will:

- ✔ Automate your Ergonomic/DSE employee training & compliance
- ✔ Provide an overview of compliance throughout your organisation
- ✔ Monitor and track all issues
- ✔ Support the reduce of WRULD's and absenteeism
- ✔ Reduce your legal exposure
- ✔ Manage outstanding compliance actions identified by the assessment process

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Ergo-Learn Module Detail:

Audience:

The DSE regulations apply to employees who are classified as DSE users under the regulations. This applies to home workers and part-time or temporary staff. Any significant change to a users' workstation or working environment requires a re-assessment to take place. It is a legal requirement under the Display Screen Equipment Regulations 1992 to provide training and perform a workstation risk assessment.

Course Objectives:

- ✔ Recognise the symptoms/injuries which can lead to WRULD's
- ✔ Identify the causes of these symptoms/injuries
- ✔ Identify work situations that may cause ergonomic problems
- ✔ Understand how to create practical solutions to those problems
- ✔ Improve compliance and reduce your legal exposure
- ✔ Learn exercises that can help relieve discomfort

Course Content:

Overview

- ✔ Welcome to Ergo-Learn
- ✔ Why this course is important
- ✔ Course objectives
- ✔ What is WRULD/RSI
- ✔ What is ergonomics?

- ✔ Factors covered
- ✔ Sitting posture
- ✔ Keyboard and mouse use
- ✔ Use of workstation space
- ✔ Breaks and tasks

Eyestrain

- ✔ Eye discomfort
- ✔ Overuse of eye muscles
- ✔ Eye breaks
- ✔ Lighting and glare
- ✔ Monitor flicker
- ✔ Vision impairment

Symptoms of Injury

- ✔ Work related?
- ✔ Stages of symptoms
- ✔ Areas of body affected

Seat and Desk

- ✔ Sitting posture
- ✔ Chair adjustment
- ✔ Desk Height
- ✔ Monitor Height
- ✔ Bi-focal wearers

Work environment

- ✔ Work station organisation
- ✔ Storage
- ✔ Office environment
- ✔ Office temperature
- ✔ Office noise

Causes of Injury

- ✔ Factors that cause injury
- ✔ Minimising the risks
- ✔ Factors and you

Keyboard and Mouse

- ✔ Arms, wrists and hands
- ✔ Laptop position
- ✔ Desktop keyboard
- ✔ Keyboard shortcuts
- ✔ Desktop mouse

Breaks and exercise

- ✔ Micro breaks
- ✔ Mini breaks
- ✔ Exercise

Prevent Injury

- ✔ Workstation factors