

Assured Safety &  
Risk Management Ltd



Looking out for your safety

DSE 



Assured Safety and Risk Management Limited

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APPROVED TRAINING



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DSE



# Display Screen Equipment

T. +44 (0) 1271 446195

Have you ever found yourself rubbing your eyes? Straining your neck? Stretching your wrists and massaging your own back? Excessive use of Display Screen Equipment without sufficient DSE training can be causing you long term damage without you even knowing it – this is called Repetitive Strain Injury, more commonly referred to as RSI.

### Test and Certifications:

At the end of the course you will be given a test of 20 multiple choice questions. The required pass rate is 85%.

You will be able to download and print (if required) a digital certificate on completion of the course.

Main course certificates last 3 years. (Refresher courses are available and recommended every 12 months).

### Who is this training for?

This course is targeted primarily at businesses needing to train their staff in DSE and workstation Health and Safety. However, it is applicable to anyone who wishes to learn more about how to manage the risks associated with DSE.

### What does the course cover?

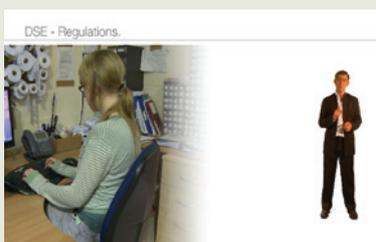
- The Risks from DSE work
- The importance of good posture and changing position
- DSE Regulations 1992
- How to adjust your workstation to avoid risks
- Completing individual self-assessments
- Effects of using DSE

### What is the benefit to my business?

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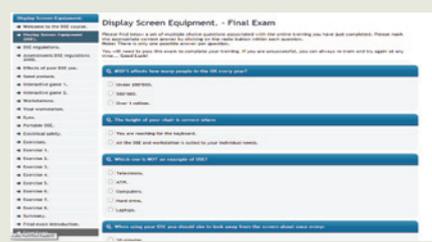
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Video Presentations.



Interactive games.



Test and Certification.

“The main risks that may arise with Display Screen Equipment are musculoskeletal disorders such as back pain or upper limb disorders (sometimes known as repetitive strain injury or RSI), visual fatigue, and mental stress.”

HSE Executive