

# HSL: Display Screen Equipment (DSE) Risk Management – Buxton, 6 Sept 2017

## [Book Course](#)

HSL is to run a 1 day course on Display Screen Equipment (DSE) Risk Management.

### **6 September 2017**

HSL is to run a 1 day course on DSE management (including office risk assessment and risk management of mobile device).

## **Introduction**

Display screen technology, such as computers, laptops, smartphones and tablet PCs are common in all aspects of our lives. Our exposure to these devices continues to increase, with reported levels of up to 9 hours per day spent consuming media on a display screen device. While the musculoskeletal (MSD) risks from such device are relatively low, the increased exposure does mean that the effects of preventable risks such as poor or fixed postures can accumulate and lead to problems. HSE statistics (2014/15) indicate that 44% of cases of work related illness involves MSDs, which result in 40% of working days lost. Data from the general practitioners scheme (THOR-GP) suggests that “keyboard work” are significant contributors to both lower back and upper limb disorders.

This course, delivered by experienced HSL ergonomists, will provide you with an understanding of DSE risks and approach to risk management and with the documentation to provide your employer with risk assessments. The course covers the key elements for office DSE risk assessment and management and provides the information and techniques required to enable anyone to become a DSE assessor. We also discuss risk management for less common DSE issues such as hot-desking and dual screens, and mobile technology such as tablet pcs, smartphones and laptops. Guidance on how to set up a computer workstation in the office is mirrored for home activity or when you are on the move with DSE.



## The course will cover:

- Why DSE? Legal, moral, financial reasons
- How do we get injured
- What's the best posture
- Achieving good posture at the workstation
- Alternative pointing device
- Practical assessment
- Break requirements from DSE
- Mobile DSE risks and risk management

## Who should attend?

The course will be most beneficial for health and safety providers, with limited knowledge / experience of DSE risk management who wish to become a DSE assessor. However, it will also be relevant to those who wish to update or consolidate their knowledge and experience as a DSE assessor.

## Venue

The course will be run at the HSL laboratory in the spa town of Buxton. Buxton is in the heart of the Peak District and has good links to mainline train stations and Manchester International Airport.

Details of hotels in the Buxton area can be found at [www.visitbuxton.co.uk](http://www.visitbuxton.co.uk)

## Cost

The cost of this course is £450 per person (includes course notes, lunch and refreshments).

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**Please note the invoice option is not available within 4 weeks of the course date, or for overseas customers. If you are selecting the invoice option for payment, it will be mandatory to input a purchase order/reference number as we are unable to process booking forms without this.**

For further dates and additional information email: [training@hsl.gsi.gov.uk](mailto:training@hsl.gsi.gov.uk) or contact the Training & Conferences Unit at HSL directly on +44 (0)1298 218806.

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