



## DSE Assessors Training

Learn how to carry out Ergonomic Assessments and minimise the risks to your colleagues at their workstations with DSE Assessors training. This **1-day** DSE Assessors training course equips participants with the knowledge and skills to carry out Display Screen Equipment (DSE) Assessments correctly.

The course is highly participative. Participants take an active role in all modules. They are provided with a variety of checklists to facilitate them in assessing DSE/VDU workstations in their workplace.

### Certification:

DSE Assessors Certificate – The Cpl Institute (TCI)

### Who should attend DSE Assessors training?

Managers, supervisors, office personnel responsible for DSE operations and workstations

Regulation 72 of the 2007 regulations states that the employer must:

- Ensure that the general use of the equipment is not a source of risk for the employee and
- Perform an analysis of the workstation in order to evaluate the safety and health conditions to which it gives rise for employees, particularly as regards possible risks to eyesight, physical problems and problems of mental stress and, on the basis of that evaluation, take appropriate measures to remedy any risks found, taking account of the minimum

requirements in Schedule 4 of the Regulations and any additional or combined effects of any such risks.

## Ergonomic Assessments

*“Ergonomics applies information about human behaviour, abilities and limitations and other characteristics to the design of tools, machines, tasks, jobs and environments for productive, safe, comfortable and effective human use” (McCormick and Saunders 1993).*

## Course Objectives:

On completion of this course participants will be able to:

- Understand the requirements of the General Application Regulations 2007
- Understand the factors that constitute an assessment
- Understand ergonomic factors and DSE workstation layout
- Appreciate the postural implications of DSE workstations
- Carry out DSE workstation assessments and advise operators on the methods of work

## Course Programme:

- Introduction
- Ergonomics Assessments and Anthropometrics
- An introduction to the relationships between the individual, the task, the environment and the work equipment
- Legal Requirements
- Discussion on Irish and European legislation pertaining to DSE
- Perceived and real hazards of DSE work
- Controversial topics ranging from alleged reproductive hazards to radioactive emissions, which have been associated with DSE, will be addressed. Recent studies and their results will also be examined
- Principles and Aims of Assessment
- Assessment Techniques

**Please let us know if participants have any specific learner requirements.**