

Astutis DSE and Wellbeing Toolkit

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Learning Method: Online 

Course Overview

The Display Screen Equipment (DSE) and Wellbeing Toolkit course equips learners with the knowledge to prevent health risks linked to DSE use. It covers proper workstation setup, risk identification, and effective mitigation strategies.

DSE training is a legal requirement for anyone who regularly uses display screen equipment, helping businesses comply with The Health and Safety (Display Screen Equipment) Regulations 1992.

Our course supports DSE users in preventing common issues like RSI, headaches, eyestrain, and back pain.

RoSPA Assured and IIRSM Approved, the course also includes an online DSE Risk Assessment.

Who is the course for?

Anyone who regularly uses a computer legally requires DSE training, this is also commonly referred to as 'Computer Health and Safety Training' or 'VDU (Visual Display Unit) training'. DSE also refers to laptops, tablets, TV screens, and even smartphones.

Learning Outcomes

- ▶ Identify the health risks of DSE
- ▶ Understand what the employer can do to help minimise the risks of DSE
- ▶ Complete a DSE assessment and set up equipment safely
- ▶ Know how to become more active in work
- ▶ Discover workstation well-being routine suggestions
- ▶ Understand how to stay safe and well, using mobile DSE devices
- ▶ Know about the different types of DSE accessories and how they can help

Course Key Facts

Duration: 40-60 minutes

Course Content

The course focuses on the following areas:

- ▶ **Module 1:** Health risks of DSE use
- ▶ **Module 2:** Workstation set-up
- ▶ **Module 3:** Manage your DSE work routines
- ▶ **Module 4:** DSE for home working
- ▶ **Module 5:** Using mobile DSE devices
- ▶ **Module 6:** DSE accessories

Assessment

A risk assessment is completed at the end of the course and is available to email to a colleague. The course concludes with a multiple choice test to measure knowledge, with a printable certificate.

Benefits for Employers

The Health and Safety (Display Screen Equipment) Regulations 1992 as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002, requires employers to analyse and reduce workstation risk.

Employers must make sure workstations meet specified requirements and provide training and information to employees.

The DSE and Wellbeing Toolkit course will make sure that you are meeting these legal obligations, avoiding prosecution.

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Benefits of Online Learning

- ▶ Learners are gifted with complete control over their studies, choosing where and when to learn as they desire.
- ▶ With online training, organisations can have complete oversight over the staff's progress with insightful reports analysing their workforce's efforts.
- ▶ Incredible cost-effectiveness when compared to alternative learning methods, especially classroom learning.
- ▶ Engaging, proactive activities heighten learner retention.
- ▶ Astutis learning checks strategically located throughout the course ensure learners can only move on when ready.
- ▶ Those who work from home can play an active role in the training unlike before.

Features of an Online Course

- ▶ **Learning checks** – built into the course to check your knowledge.
- ▶ **Listing activities** - easy to digest information through key points.
- ▶ **Categorising activities** – making it easier for you to recall ideas or process information.
- ▶ **Activity positioning** – activities are spread throughout the course helping you to embed your learning before moving on to the next section.

