

COURSE OVERVIEW

# Working with Computers (DSE)

THIS-110



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This course covers desktop computers, laptops, tablets, and other display screen equipment (DSE). It explains the health risks linked to prolonged screen use—such as eye strain, fatigue, and posture-related injuries.

Learners will discover practical steps to reduce these risks and work more safely with visual display units.

### **Module 1: Posture**

Prolonged screen time, static postures, and repetitive movements can gradually affect your physical health, often without you even realising it.

- What is DSE?
- Common hazards and how to reduce risk
- Ergonomic strain and posture issues
- Tips for safer use

### **Module 2: Digital Wellness**

This module equips you with practical strategies to prevent two common risks in screen-based work: Repetitive Strain Injury (RSI) and digital eye strain.

- What is Repetitive Strain Injury?
- Causes of Repetitive Strain Injury
- Digital eye strain
- Eye tests

**Suitable for:**

All employees who use computers, laptops, or tablet devices in the workplace and Health and Safety advisors.

**Skills achieved:**

- Health and Safety (Basic)

**Related Resources:**

- Accident Management System Assessment
- Display Screen Equipment (DSE) Assessment
- Hazards/Vulnerability Risk Assessment
- Eye Protection Risk Assessment
- Accident Management System Audit
- Display Screen Equipment (DSE) Audit
- Eye Protection Audit
- Display Screen Equipment (DSE) Checklist
- Eye Protection Checklist
- Display Screen Equipment Eyesight Test Record
- DSE Toolbox Talk – Template PowerPoint

**Benefits:**

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

**Estimated Time:**

20 Minutes

**Related Courses:**

- Essentials of GDPR
- Essentials of Information Security
- Essentials of Data Protection
- Essentials of Protection Information
- Essentials of Payment Card Security
- Are you the Target?
- Cyber Security