

Training Solutions

DSE Train the Trainer Course

Who Is This Course Designed For?

Any employee, having a member of staff undertake our DSE Train the Trainer Course will ensure that your new starters have a good workstation set-up straight away and that basic help is immediately available if anyone reports any issues.

If further input is needed, for example if an employee reports significant discomfort or a disability that affects them at work, we can visit and undertake a more comprehensive ergonomic workstation assessment

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01777 861861** or email our training department at training@pibrm.com to discuss further or book a place on one of our open courses.

About the Course

- > Duration: One day
- > This event is suitable for 12 delegates
- > Refresher training recommended every 3 years

What Is Covered?

- > Review the relevant health & safety legislation, including specific details of the Health & Safety (Display Screen Equipment) Regulations 1992, and as amended in 2002
- > The causes of Work-related Musculoskeletal Disorders
- > Basic anatomy of neck, back and upper limb
- > Visual Issues associated with DSE use
- > Psychological and Organisational Issues associated with DSE use
- > Individual risk factors associated with DSE use
- > How to achieve a good working posture
- > Discuss points to look for in seating
- > How to ensure that the desk area is well organised
- > Observe DSE workstation assessment being undertaken
- > Practice undertaking a DSE workstation assessment
- > How to record assessments appropriately
- > How to identify when more specialised help is required