

## Working with Display Screen Equipment

### Introduction

Many of us use display screen equipment in our work and as part of our daily lives. Used correctly there is minimum risk, but used incorrectly it may cause strains, aches, pains or even injury.

This course provides practical advice on how to work with display screen equipment (DSE) in order to help avoid discomfort or injury, and how to work with DSE in a more comfortable and productive way.

It will teach you how to set up your workstation properly, how to sit at your desk, how best to work with laptops and mobile devices, and how to make your working environment more comfortable.

If you want to avoid fatigue, eyestrain, neck, shoulder, back or arm pain, it offers helpful advice and precautions.



### Audience

This course highlights the potential risks working with DSE and demonstrates, through a sequence of videos and explanatory text, how to correctly sit at your workstation and use DSE to minimise risk of injury.

It is useful for anyone working with conventional screens, laptops, tablets and phones (also known as alphanumeric or graphic display screens), such as employees, employers, and the self-employed.

### Objectives

In this course you will learn about:

- How you should set up your workstation properly
- How you should sit at your desk
- The best way to work with laptops and mobile devices, and
- How to make your working environment more comfortable

### Modules

This course contains the following modules:

#### Module name

Working with Display Screen Equipment

### Content

Some of the topics covered in this course include:  
Setting up your workstation | Sitting at your workstation | Working with a laptop or tablet | Taking rests | Environment | Reporting