Introduction

Understanding good ergonomics in the workplace can help employees stay healthy and avoid injury while working at their desk. This short course covers safe desk working and explains the HSE guidelines.

The course is designed to help everyone be more comfortable and productive while using their computer. It will also help reduce risk of experiencing painful and disabling injuries or disorders such as RSI.

Course Content

- Safe desk working
- Principles of ergonomics
- HSE guidelines
- DSE checklist
- Musculoskeletal Disorders
- Your equipment (chair, desk, monitor etc)
- Stress reducers

Outcomes

Delegates will be able to:

- Appreciate the importance of safe desk working
- Understand the principles of ergonomics
- Find and understand the HSE guidelines
- Carry out a self DSE assessment
- Have an awareness of RSI/WRULD
- Do simple exercises to relieve tension at the desk

Suitable for: all employees who use a computer.

Prior knowledge/training: None

Duration of course ½ day

Delegate numbers: minimum of 6, maximum of 12