

# Fact Sheet

## DISPLAY SCREEN EQUIPMENT



### Overview

Many people use display screen equipment (DSE) like computers and tablets daily, often unaware of associated health risks such as eye strain, headaches, and posture issues. This course aims to teach users how to set up their workstations ergonomically to minimize discomfort and injury. Participants will learn about DSE, its health effects, the significance of proper use, good posture, and the need for regular breaks, as well as the responsibilities of employers in supporting DSE users.



**Duration:**  
20 - 40 Minutes



**Assessment:**  
Multiple-Choice  
Questions



**Price:**  
£5.00



**Certificate:**  
Yes – Highfield  
Completion Certificate

### Areas covered

- What is DSE?
- DSE health risks
- Workstation design
- Correct working position for DSE
- Portable equipment
- Identifying risks and safe working practices
- Eye tests and eyewear
- Assessing DSE

### Who is it aimed at?

touchscreens, and other similar devices. This course can be used as a stand-alone module or included in an induction programme. It may also be useful as part of the on-programme phase for the apprenticeship standards, helping apprentices integrate into the workforce effectively and efficiently.

