

VDU/DSE Workstation Assessor

The aim of our VDU Workstation Assessors course is to train employees to carry out standard VDU workstation assessments within their workplace in accordance with the requirements of the Safety Health and Welfare at Work (General Application) Regulations 2007.

There are increasing numbers of employees carrying out sedentary work in an office environment. Office environments are reasonably safe environments compared to other workplaces. However there are some health and safety issues for employees who work in offices and particularly for those who use Visual Display Units for prolonged periods.

The Safety, Health and Welfare at Work (General Application) Regulations 2007 (Chapter 5 of part 2 – Work with Display Screen Equipment) states what employers must do to ensure the safety and health of employees who work with DSE/VDUs (display screen equipment/Visual display units).

The course also covers emerging issues such as **increasing laptop use, call centres, hot-desking and home workers.**



This **one and half-day day DSE assessors course** will provide participants with the knowledge and skills necessary to carry out standard DSE workstation assessments and to promote safe work practices in an office environment.

The instructors are chartered physiotherapists with further qualifications in health, safety and ergonomics.

Objectives of the course

On completion of the course the participants will be able to:

- § Carry out standard VDU workstation assessments within their organisation
- § Provide information and training on correct workstation set up for the staff within their workplace as part of the assessment process.
- § Maintain appropriate documentation in accordance with the policy of the organisation

Timescale

The course is run over 1.5 days. There is a gap of approximately 1 week between day 1 and day 2 to allow the participants to complete assignments.

**Contact Lindsay at
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WILLIS DSE ASSESSORS TRAINING

Having an employee trained to carry out DSE workstation assessments ensures that timely assessments can be carried out and a proactive approach can be taken to office health and safety.

The course syllabus covers the following topics:

- § Relevant health and safety legislation
- § Risks associated with prolonged DSE use
- § Principles of risk assessment
- § Ergonomics principles
- § Office ergonomics
- § Practical workstation assessments
- § Reducing the risks
- § Workstation furniture guidelines
- § Workstation accessories
- § Workstation environment
- § Laptop use
- § Call centres
- § Home workers
- § Managing DSE assessments
- § Relevant documentation

Assessment of participants

The participants will complete three workstation assessments during the gap between day 1 and day 2 and will also complete open book short answer questions.

A certificate will be provided for participants who complete the two course days and the assignments.

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Our Instructors

Muriel Johnson MSCP, M.Appl.Sc. (SHWW), CMIOSH

Muriel Johnson is a Chartered Physiotherapist who has specialised in the area of Ergonomics and Health and Safety since 1993. Muriel has a Diploma in Health and Safety, a Masters Degree in Applied Science, a Diploma in Risk Management and a Certificate in Training and ongoing Education.

Muriel is a member of the Irish Society of Chartered Physiotherapists, of 'Back Exchange' in the UK, of the Irish Ergonomics Society and of the Institute of Occupational Safety and Health (IOSH). She is an IOSH Registered manual handling trainer and DSE (VDU) assessor.

